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A PUBLICATION OF **The Washington Post** | PLAN YOUR NIGHT AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM) | SEPTEMBER 16, 2008 | **>>FREE<<**

**Tuesday**



Hurricane Ike left a scene of destruction in Texas.

**Ike's Wrath:** Humanitarian crisis unfolds after storm | **4**

**Tax Scandal:** Mastermind of D.C. scheme strikes deal | **11**

**Win One:**  
Zorn says his first NFL victory is a relief | **14**



## ENTERTAINMENT

**Last Stand:**  
*Michael Chiklis* and the final season of 'The Shield.' Plus, an upcoming Mitch Hedberg CD release.

**>> 19-25**



# Market Meltdown

Dow Jones drops more than 500 points as financial crisis boils over



Elizabeth Rose, a specialist with Lehman Brothers MarketMakers, works her post on the trading floor of the New York Stock Exchange on Monday. The Dow fell 500 points after Lehman declared bankruptcy.

**NEW YORK** | The upheaval in the American financial system sent shock waves through the stock market Monday, producing the worst day on Wall Street in seven years as investors digested the failure of one of its most venerable banks and wondered which domino would be next to fall.

The Dow Jones industrial average lost more than 500 points, more than 4 percent, its steepest point drop since the day the stock market reopened after the Sept. 11, 2001, attacks.

The carnage capped a tumultuous 24 hours that redrew U.S. finance. Lehman Brothers, an investment bank that predates the Civil War and weathered the Great Depression, filed the largest bankruptcy in American history. A second storied bank, Merrill Lynch, fled into the arms of Bank of America.

It was by far the most stomach-churning single day since a financial crisis began to bubble up from billions of dollars in rotten mortgage loans that have crippled the balance sheets of one bank after another and landed mortgage giants Fannie Mae and Freddie Mac under the control of the U.S. government.

Treasury Secretary Henry Paulson, who refused to toss a financial lifeline to Lehman, was unapologetic as the Bush administration signaled strongly that Wall Street shouldn't expect more rescues from Washington. The American people should remain confident in the "soundness and resilience in the American financial system," Paulson said. (AP)



Paulson

**❖ Red alert:** U.S.' financial system is in uncharted territory in the wake of the economic crisis | **Page 3**



AMID THE FINANCIAL CRISIS, ARE YOU CONCERNED ABOUT THE SECURITY OF YOUR SAVINGS? **A** YES **B** NO

TO CAST YOUR VOTE, VISIT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 36



**TUESDAY**  
**76 | 59**



**WEDNESDAY**  
**78 | 63**



**THURSDAY**  
**77 | 61**

**TODAY:** Partly sunny and cooler; a partly cloudy and chilly evening | **38**

# eyeOpeners

## CLOSURE

### Loyal EyeOpeners Readers Rewarded

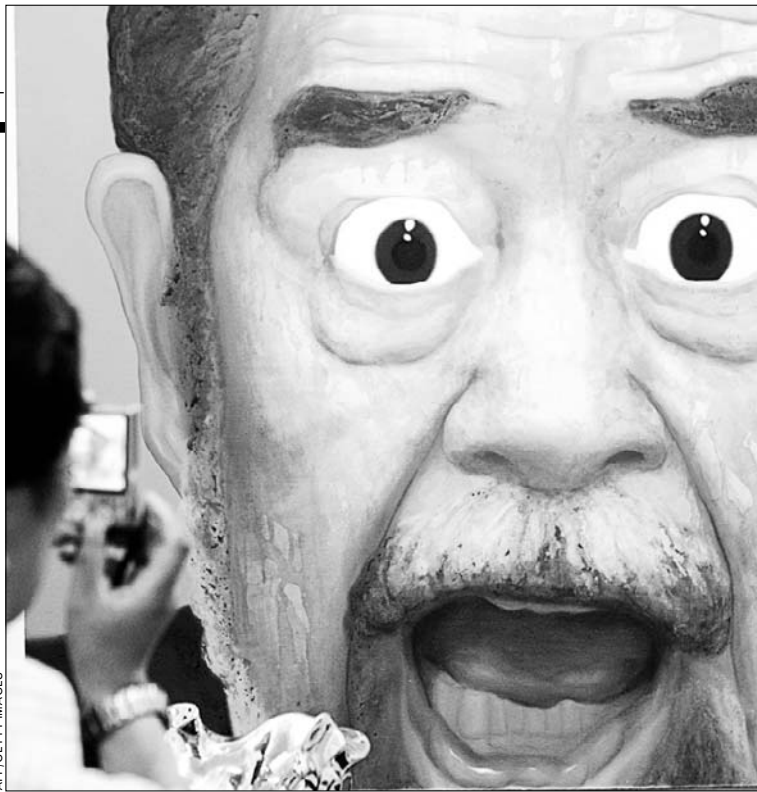
An 8-foot-tall mechanical gorilla is back home at a Maine flea market two weeks after it was stolen, ransomed on YouTube and dumped in a cornfield in Vermont. A pickup truck carrying the somewhat battered gorilla arrived Saturday at Sandy's Sales a day after being picked up at a Vermont police barracks. Owners Sandy and Lowell Miller were delighted to see the gorilla, which was stolen from outside their store over Labor Day weekend. But they agreed the gorilla needs care for its injuries: a head severed from its body, holes and rips in its face, and a broken arm. "After people see her battle wounds, we are going to have her have a face-lift," Sandy Miller said. (AP)



## FEET

### 'CSI: Locker Room'

DNA analysis has connected a 27-year-old man to a burglary scene through an unusual item: some sweat socks. Niles C. Knuth of Sheboygan, Wis., is charged with felony burglary as a repeat offender. According to the criminal complaint, Knuth left two socks and a stocking cap behind after entering Sheboygan Paint and Design in October 2007 and stealing a computer and \$69 in cash. The state crime lab matched DNA on the socks to Knuth. Knuth could face up to 11 1/2 years in prison if convicted. He was charged Friday. A preliminary hearing is set for Sept. 24. No address, phone number or defense attorney is listed for Knuth in court records. (AP)



AFP/GETTY IMAGES

## ART

### Dictators Are Fun!

A depiction of former Iraqi leader Saddam Hussein stars at the SH Contemporary art fair, China's largest international exhibition of its kind. In its second year, the Shanghai sales fest boasted wares such as Andy Warhol's pop-art portraits, Damien Hirst's kaleidoscopic butterfly wings and Zhang Xiaogang's monochromatic families. China — keeping the world's art market alive! (EXPRESS)

## NUMBERS

### 911 Knockoff Gets No Respect

Your rabbit's ears aren't floppy? Not an emergency. So said police in Scotland

when a woman rang the emergency 999 number because her new rabbit was supposed to have floppy ears, but did not. Another caller complained that a car had splashed water on him, and another inquired about a postal code.

"Whilst officers and staff are dealing with these frivolous matters that a member of the public has deemed so serious as to call 999, they are not dealing with genuine emergency calls," said Chief Inspector Alan Stewart. (AP)

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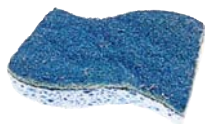
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**CLEAN FIGHT:** A 20-year-old woman in Fort Worth, Texas, is facing an aggravated assault charge after she allegedly bit her boyfriend, broke a picture frame across his face and swung at him with a sword during an argument about his not doing the dishes.

## Nation

### In Brief



Snowmobilers enter Yellowstone National Park through Montana in 2003.

#### WASHINGTON Judge Won't Allow More Snowmobiles in Yellowstone

A federal judge on Monday threw out plans to allow more than 500 snowmobiles a day into Yellowstone National Park, saying that many snowmobiles would increase air pollution, disturb wildlife and cause too much noise in the nation's first national park. Conservationists sued the National Park Service to stop the plan. They want snowmobiling eliminated in the park, or at least reduced. (AP)

#### WASHINGTON FDA Approves Nausea Patch For Chemotherapy Patients

The Food and Drug Administration said Monday it has approved the first anti-nausea patch for chemotherapy patients, intended to provide relief for up to five days. The patch, called Sancuso, delivers a widely used anti-nausea medicine, known as granisetron, through the skin. It is expected to be available by the end of the year. (AP)

# Scope of Economic Danger Is Clear

## Financial system is teetering at the edge of uncharted territory

**NEW YORK** | It started as a panic attack, soothed by assurances that the problem was limited to a relatively small number of reckless home loans. Now it's clear the crisis was anything but contained — and that the nation's financial system is dangerously close to the edge.

It may well pull back. But as policymakers try to guide the economy across a very frayed tightrope, it is growing increasingly difficult to know whether the worst is behind the country or if problems could spin further out of control and inflict more serious damage.

"The entire world economy is being held hostage to the welfare of the financial community because we're talking about an industry that provides credit, which is the lifeblood of business and consumer spending," said Bernard Baumohl, chief global economist for



Stockbroker Andrew O'Connor takes a break from his floor position at the New York Stock Exchange, where the Dow Jones industrial index plummeted Monday.

the Economic Outlook Group in Princeton, N.J.

It has been generations since the economy teetered this close to falling into a depression. Could the

massive failed bets made by Wall Street and the desperate efforts to stem the damage sentence the economy to years of stagnation or worse?

Policymakers and economists have a much better understanding of how the financial system works now than they did during the Great Depression; it's widely agreed that much of the damage then came because of a failure to act.

The lessons learned from the past go a long way toward protecting the economy against present dangers. But they don't eliminate them.

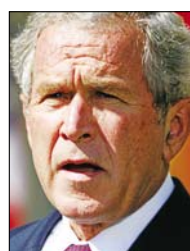
"This is the biggest risk we've had in a long, long time," said Joel Naroff, of Naroff Economic Advisors in Holland, Pa.

Will policymakers take the right actions quickly enough to keep an economic catastrophe at bay?

In the best-case scenario, the drop in home prices would begin to slow in coming months and then stabilize. Builders are doing so little new construction that demand for homes could start catching up to supply. The lower home prices and the lower interest rates could send buyers back into the market, gradually easing investors' fears.

ADAM GELLER (AP)

### HEARSAY | MARKET TURMOIL



"In the long run, I am confident that our capital markets are flexible and resilient and can deal with these adjustments [in the markets]."

—PRESIDENT BUSH, TRYING TO CALM JITTERS ABOUT THE ECONOMY ON MONDAY. HE SAID FEDERAL POLICYMAKERS ARE "FOCUSED ON THE HEALTH OF THE FINANCIAL SYSTEM AS A WHOLE."

## Oil Tumbles Below \$100 in Sell-Off

**NEW YORK** | Oil prices closed below \$100 a barrel for the first time in six months Monday, tumbling in another dramatic sell-off as the demise of Lehman Brothers and the sale of Merrill Lynch deepened worries about the U.S. economy.

Crude prices shed more than \$5 a barrel and have now given

up virtually all their gains for the year, extending a steep, two-month slide from record levels above \$147 a barrel.

Light, sweet crude for October delivery fell \$5.47 to settle at \$95.71 a barrel on the New York Mercantile Exchange — oil's first settlement under \$100 since March 4. (AP)

# Allergies?

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## Nation

1.4

The number of violent crimes, in millions, reported in the United States last year — about 10,000 fewer than in 2006, according to data the FBI released on Monday.

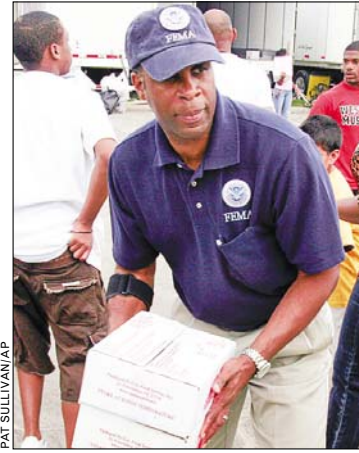
# Texas Shelters Feel Strain

## Facilities overcrowded, in desperate need of supplies after storm

HOUSTON | Thousands of victims of Hurricane Ike settled in at shelters for what could be weeks, and others waited wearily in line for food, water, ice and gasoline Monday as it became increasingly clear the disaster along the Texas coast would be measured not by its death toll but by the misery it spread.

Almost three days after the storm steamrolled the coast, the extent of the damage was still coming into focus, with rescue teams finally reaching some of the hardest-hit places, including Bolivar Peninsula, where entire neighborhoods were obliterated.

Nearly 37,000 people were in shelters in Texas, and there was no word on when those living in the most devastated towns, such as Galveston, might return. An estimated 2.2 million people in Texas alone remained without power. Many service stations had no gas-



Eric Smith, FEMA head of logistics, hands out meals Monday in Houston.

oline or no electricity to pump it. With no running water, some residents were dumping toilet waste directly into the sewers. Major highways were still under water.

Victims grew irritable as they waited for food and water. Some relief stations ran out of supplies, leaving thousands hungry and panicked.

Lines of cars stretched two hours or longer at Texas Southern Univer-

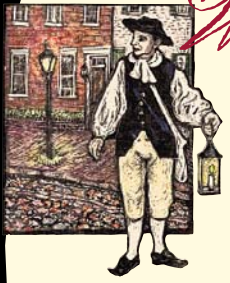
sity for packages of bottled water and bags of ice, the only supplies on hand until three 18-wheelers showed up around noon.

Galveston officials guessed it would be months before the island could reopen and warned that mosquito-borne diseases could begin to spread. Cows that had escaped flooded pastures wandered around a shattered neighborhood. An elderly man was airlifted to a hospital, his body covered with hundreds of mosquito bites after his splintered home was swarmed.

"Galveston can no longer safely accommodate its population," City Manager Steve LeBlanc said. "Quite frankly, we are reaching a health crisis for people who remain on the island."

Texas Gov. Rick Perry urged people to be patient. "Here are the facts: You never are going to get ice and water into an area that's been impacted like this hurricane," Perry said after touring damaged towns. "It's just not going to get in fast enough. I know there are a lot of frustrated people out there." (AP)

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## Nation



"No, but I know that he chooses his words carefully." — **John McCain**, when asked whether Barack Obama called Sarah Palin a pig last week.

# Will Palin Change Minds?

## McCain campaign believes governor will appeal to swing voters

WASHINGTON | Jan Thibault was all ready to sit this election out.

Disappointed that Hillary Rodham Clinton was off the Democratic ticket and worried that Republican John McCain would just continue President Bush's mistakes, the mother of four felt there was nobody left in the race who "knows how it is to walk in my shoes."

Then McCain picked Alaska Gov. Sarah Palin to be his running mate and converted Thibault into an enthusiastic supporter.

"She's a down-to-earth mom like me," Thibault, a customer service representative from St. Augustine, Fla., said of Palin. "She has a basic knowledge of what it means to be middle class."

Palin's greatest gift to McCain so far appears to be shoring up support for him among core conservatives, who have held the Arizona senator at arm's length but embraced the



Republican vice presidential candidate Alaska Gov. Sarah Palin has helped energize conservative voters who were skeptical of Sen. John McCain's candidacy.

Alaska governor enthusiastically. She's a darling of the GOP base for her conservative positions, most notably her strong opposition to abortion.

Beyond that, though, Palin is giving McCain an opening with a crucial group of swing voters — many of them women like Thibault — who espouse traditional values but are working-class and mostly concerned about the economy.

Top strategists for McCain believe Palin helps the GOP presidential nominee both satisfy the party base and appeal to independent voters in the center, including Democrats, who are attracted to her reputation as a reformer. Working-class white women were especially responsive to her selection, they say, particularly after the Obama campaign questioned Palin's experience.

JULIE HIRSCHFELD DAVIS (AP)

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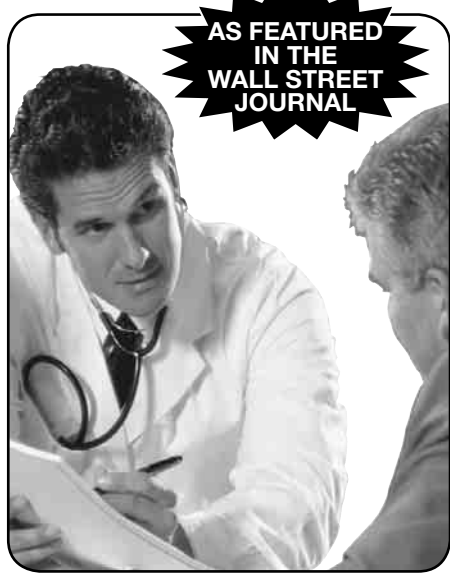
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This research study is being conducted at **Chevy Chase Clinical Research**. All studies are conducted in accordance with an approved protocol, clinical study conduct guidelines, regulations and ethical principles. Participant confidentiality is strictly adhered to and all participation is strictly voluntary.



**BAD KITTY:** A woman who thought she was petting a neighbor's cat got a surprise Monday in Mount Carmel, Pa. The animal turned out to be a skunk, which sprayed her.

## Nation

# Focus Shifts to Economy

Presidential hopefuls contend for the image of financial reformer

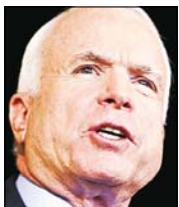
WASHINGTON | With chaos rocking financial markets, John McCain assailed "greed and corruption" on Wall Street and promised to clean it up, while Barack Obama blamed White House policies and said his opponent would only deliver more of the same.

The presidential candidates struggled on Monday to seize control of the issue voters say is most important — the economy — with Republicans and Democrats alike saying the man who succeeds may well win the election.

Bemoaning "the most serious financial crisis since the Great Depression," Obama faulted Repub-



Obama



McCain

lican McCain's domestic policy agenda as the same as President Bush's — "one that says we should just stick our heads in the sand and ignore economic problems until they spiral into crises."

McCain declared in a new TV ad, "Our economy is in crisis. Only proven reformers John McCain and Sarah Palin can fix it" — though he also told voters in Jacksonville, Fla.,

"The fundamentals of our economy are strong."

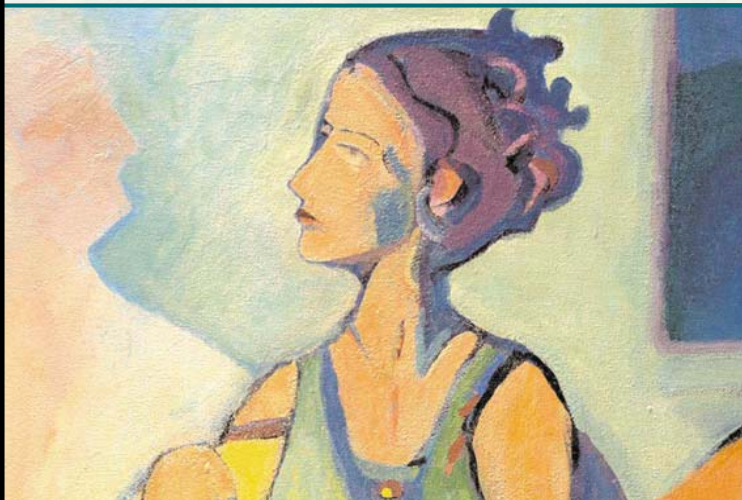
In line with historical positions of Democrats and Republicans, Obama generally supports stronger consumer protections, better regulatory oversight and more government intervention, while McCain broadly prefers a market system of less federal involvement and red tape.

Both advocate tax cuts, though to different degrees and different ends. Obama seeks to raise taxes on the wealthiest Americans and give breaks to the middle class and lower-income people. McCain wants to spur the economy and create jobs by keeping tax rates low for higher-income taxpayers and slashing rates for corporations. LIZ SIDOTI (AP)



**Here's the Issue:** After all the uproar and chatter of the past two weeks, the presidential campaign may be heading back to fundamentals. | **Today's Post, A Section**

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# World

17

The price, in millions of dollars, that a pickled shark by British art provocateur Damien Hirst sold for at a Sotheby's auction in London on Monday. Hirst is selling more than 200 works at auction rather than through a gallery. He has said it is a more democratic way to sell art.

## IAEA: Iran Has Blocked Nuclear Arms Inquiry

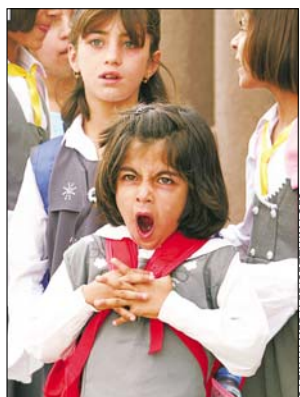
VIENNA, AUSTRIA | Iran has blocked a U.N. investigation into allegations it tried to make nuclear arms and the probe is now deadlocked, the International Atomic Energy Agency said Monday.

The conclusion was contained in an IAEA report released to 35-nation IAEA board and the U.N. Security Council, which has already imposed three sets of sanctions on Iran over its nuclear defiance.

"We've arrived at a gridlock," said a senior U.N. official, describing the document as "a progress report without progress." He demanded anonymity because he was not authorized to discuss the restricted report, made available to The Associated Press.

Since its last report in May, "the agency ... has not been able to make any substantive progress," the IAEA report said, calling the impasse a matter of "serious concern." (AP)

### IRAQ | SCHOOL DAZE



**BACK TO THE GRIND:** A student yawns before her first day of school after summer vacation in Arbil, Iraq, on Monday.

# Historic Pact Signed in Zimbabwe

## Mugabe to cede some power to opposition for 1st time in 28 years

HARARE, ZIMBABWE | President Robert Mugabe ceded some power in Zimbabwe for the first time in 28 years, signing a power-sharing deal Monday with opposition leader Morgan Tsvangirai amid questions on how the fierce enemies will work together to fix the collapsing economy.

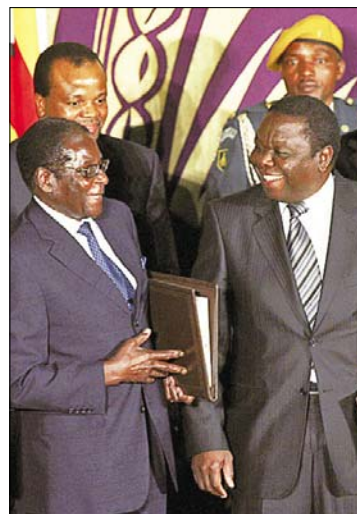
Thousands of supporters of the rival parties threw stones at each other as the ceremony got under way, and several hundred broke through the gates of the convention

### CHANGES IN STORE Key aspects of Zimbabwe's new power-sharing deal:

- Robert Mugabe will remain president of the country.
- Opposition leader Morgan Tsvangirai will be prime minister.
- A new constitution will be drafted with input from civic groups.

center where it took place. Police fired warning shots and set dogs on the crowd, which calmed and cheered as their leaders left after the signing.

Mugabe, Tsvangirai and Arthur Mutambara, leader of a faction that



Robert Mugabe and Morgan Tsvangirai talk in Harare, Zimbabwe, on Monday.

broke away from Tsvangirai's party, all pledged to make the deal work. But long-simmering and bitter differences as well as the nation's economic collapse — inflation is officially running at 11 million percent — have put the deal under intense pressure.

Nine African leaders, including mediator President Thabo Mbeki of South Africa, witnessed the signing in a show of commitment to the deal, which the African Union is underwriting.

Tanzania's President Jakaya Kikwete, chairman of the African Union, voiced the concern on many minds: "Will it hold or will it not?"

ANGUS SHAW (AP)

## Leaders Meet Over Bolivian Unrest

### S. American presidents hold talks in hopes of halting political chaos

SANTIAGO, CHILE | South American presidents met urgently Monday hoping to prevent a political collapse in Bolivia, where the government planned to charge a rebellious eastern governor with genocide for allegedly ordering the machine-gunning of peasants.

Bolivia's leftist president, Evo Morales, arrived at the called summit having effectively lost control of half of his country. Anti-Morales protesters have blocked highways, taken over government offices, and sabotaged pipelines, briefly forcing a cutoff of nearly half of Bolivia's natural gas exports to Brazil.

The most serious challenge yet to Morales' presidency is being



Demonstrators light a flag on fire in La Paz, Bolivia, Monday. South American leaders held an urgent meeting in Chile, hoping to find a solution to the chaos in Bolivia.

spurred by governors of Bolivia's autonomy-seeking lowland provinces, home to the nation's energy deposits. The governors want a larger share of the nation's gas profits,

among other demands.

"I've come here to explain to the presidents of South America" that these governors have attempted a coup, Morales said. EVA VERGARA (AP)

## Rumor Triggers Deadly Riot in Eastern Congo

KINSHASA, CONGO | Accusations that a soccer player was using witchcraft during a match in eastern Congo sparked a riot that killed 13 people, a U.N.-funded radio station reported Monday.

Most of the victims were between the ages of 11 and 16, Radio Okapi said. They were suffocated as panicked crowds ran for the exits during the mayhem Sunday in Butembo.

Radio Okapi said police tried to control the violence at Matokeo stadium by firing into the air to protect their commander, who was hit in the head and wounded by fans.

Dozens of teenagers marched through Butembo's streets Monday in protest. The regional governor, Julien Mpaluku, said the government was investigating the case. (AP)

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## World



Iraqi police examine the remains of a vehicle that was destroyed in a car bombing in Baghdad on Monday. The attack killed 13 people in a busy commercial district.

# Bombings in Iraq Kill at Least 35

## Separate attacks target celebration in Diyala, busy Baghdad district

**BAGHDAD** | A suicide bomber blew herself up Monday among police officers who were celebrating the release of a comrade from U.S. custody, killing at least 22 people, Iraqi officials said. Separate bombings in Iraq killed 13 other people.

The suicide attack happened in Diyala, a province northeast of Baghdad where Sunni insurgents have carried out persistent attacks despite security gains elsewhere in the country. The female bomber targeted the home of a police commissioner who had been detained by American troops for allegedly cooperating with the Mahdi Army, a Shiite militia.

Maj. Gen. Abdul-Karim al-Rubaie, the military commander in Diyala, said most of the 22 fatalities were police and that 33 people

were wounded in the evening attack in Balad Ruz, 45 miles northeast of Baghdad. Two police captains and three lieutenant colonels were among the dead, said a police officer who requested anonymity because he was not authorized to release the information.

In Baghdad, a double car bombing struck a busy commercial district, killing 13 people in one of the deadliest attacks in the capital in weeks. Iraqi officials said the explosives-laden cars were parked between a passport office and a courthouse when they blew up almost simultaneously in the mainly Shiite neighborhood of Karradah. The U.S. military blamed the attacks on al-Qaeda in Iraq.

The attacks came as Defense Secretary Robert Gates arrived in Baghdad to meet Iraqi officials and preside over Tuesday's handover ceremony to mark the transition of command of U.S. forces in Iraq.

CHRISTOPHER TORCHIA (AP)



**WHO KNEW?** Mystery writer Agatha Christie can be heard musing about Jane Marple, one of her best-loved heroines, on recently discovered recordings, her grandson said Monday. Mathew Prichard said he found his grandmother's old tapes several years ago but could not play them until he fixed the obsolete machine on which they were recorded. (AP)



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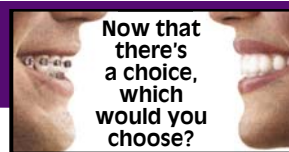
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## World

# 2 Arrested in Milk Scandal in China

Brothers are accused of tainting powder that sickened 1,253 infants

BEIJING | The number of infants Chinese health officials say were sickened by tainted milk powder doubled Monday to more than 1,200 as police announced the first arrests in the spreading scandal.

The Health Ministry said two infants died of kidney failure after drinking Sanlu brand milk powder spiked with the industrial chemical melamine. The company says suppliers who sold it apparently added the chemical, normally used in plastics, to make the milk seem higher in nutrition.

Vice Health Minister Ma Xiaowei told reporters that 1,253 infants had been sickened, more than twice the number previously acknowledged. Of those, 913 of the infants were only slightly affected, while 340 remained hospitalized and 53



A Chinese man brings his baby who drank tainted milk to doctors Monday.

cases were considered especially severe, he said.

Police said they had arrested two brothers, surnamed Geng, who run a milk collection center in Hebei province and are accused of adding melamine, the official Xinhua News Agency said. They sold about 3 tons of contaminated milk a day, the report said. CHRISTOPHER BODEEN (AP)



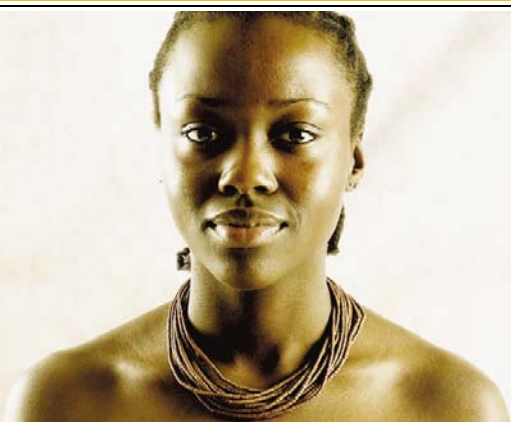
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24

The amount, in millions of dollars, a 49-year-old Baltimore woman has claimed after winning last week's Mega Millions drawing. The woman wants to stay anonymous, lottery officials say. She and her daughter brought a locked safe with the winning ticket to the Maryland Lottery office Monday.

Local

## In Brief



Carol Schwartz addresses supporters during the election results Sept. 9.

#### WASHINGTON Schwartz to Run for Council As Write-In Candidate

Longtime D.C. Council member Carol Schwartz says she will run as a write-in candidate in November in a bid to keep her at-large seat. Schwartz is a 16-year council veteran who has run for mayor four times. She was defeated in last week's Republican primary by newcomer Patrick Mara. Mara was backed by members of the business community, who were upset that Schwartz supported legislation mandating paid sick leave for most workers. (AP)

#### WASHINGTON Gang Indicted on Federal Racketeering Charges

Federal authorities and D.C. police say eight members of a local gang affiliated with the West Coast's Bloods gang have been indicted on federal racketeering charges. The 19-count indictment alleges that gang members assaulted a fellow female member who was trying to leave the group. The indictment charges defendants with kidnapping in aid of racketeering activity and six counts of sexual abuse, among other offenses. (AP)

#### BALTIMORE Frederick Man Gets 8 Years For Possessing Child Porn

A federal judge in Baltimore has sentenced a Frederick man to eight years and one month in prison for receiving child pornography. Forty-five-year-old Jacob Greenawalt acknowledged in his guilty plea that he used his work-issued laptop computer in 2006 to receive and possess child pornography. (AP)

# Plea Expected in D.C. Tax Scandal

## Alleged tax fraud mastermind appears to strike agreement

Former D.C. tax manager Harriette Walters is due in court on Tuesday after apparently striking a plea agreement with prosecutors in the biggest corruption scandal in the District government's history.

Walters, 51, has been jailed since she was arrested in November on conspiracy, mail fraud and money-laundering charges. Authorities have

said Walters, a mid-level manager in the D.C. Office of Tax and Revenue, devised a way to steer nearly \$50 million in illegal property tax refunds to herself and friends during a span that stretched as long as 20 years.



Walters

Federal prosecutors filed a document in court Monday known as a "criminal information," which outlined the charges facing Wal-

ters and the case against her. That type of document can be filed only with the consent of the defendant, and only after the defendant has waived his or her right to have the case reviewed by a grand jury. It typically signals that a plea agreement has been struck.

The document also refers to a plea agreement when discussing property that Walters would have to forfeit as part of a negotiated deal.

Walters is charged with wire fraud, money laundering and other

offenses.

In the 13-page charging document filed Monday morning, prosecutors said Walters stole \$48 million from the D.C. government from 1989 through last year. She started small, prosecutors wrote, but grew more ambitious by the time the scheme was uncovered last year.

Prosecutors wrote that Walters stole \$31,734 in 1989 and said that the largest amount swindled from D.C. coffers was \$8.64 million in 2004.

DEL QUENTIN WILBER (THE WASHINGTON POST)

#### ST. MARY'S CITY, MD. | MONKS VISIT MD. COLLEGE



JAMES A. PARCELLI/FTWP

**SOUND THE HORN:** Two Tibetan Buddhist monks play horns as part of the opening ceremony at St. Mary's College in St. Mary's City, Md. The monks will be on campus until Sept. 18 to conduct lectures and demonstrations on Tibetan history and Buddhist spiritualism and will create Mandala paintings.

## Pr. George's Considers Furlough Budget Fix

Prince George's County Executive Jack B. Johnson Monday proposed requiring 5,900 county employees to take unpaid furloughs for 80 hours this fiscal year, in an effort to close a potential \$57 million shortfall in the county budget.

Johnson has submitted the two-week furlough plan to the Prince George's County Council, which must still sign off on the deal.

"Although we have taken aggressive steps to address our budget

deficit, in order to close this gap, we must initiate an across-the-board furlough plan," he said in a statement this morning.

Johnson blamed county unions for forcing him to turn to furloughs. He had urged them to reopen negotiations over signed contracts so the county could save money by trimming salary raises, but the unions objected.

ROSALIND S. HELDERMAN (THE WASHINGTON POST)

## The Lotteries

Monday, Sept. 15

### DISTRICT

Mid-day Lucky Numbers **2-4-5**  
Mid-day DC 4 **5-4-1-0**

### MARYLAND

Mid-day Pick 3 **9-8-2**  
Mid-day Pick 4 **8-0-4-7**

### VIRGINIA

Mid-day Pick 3 **9-8-9**  
Evening Pick 3 (Sun.) **9-8-5**  
Mid-day Pick 4 **9-9-8-4**  
Evening Pick 4 (Sun.) **8-4-0-6**  
Mid-day Cash 5 **7-11-13-25-29**  
Evening Cash 5 (Sun.) **7-11-13-31-34**

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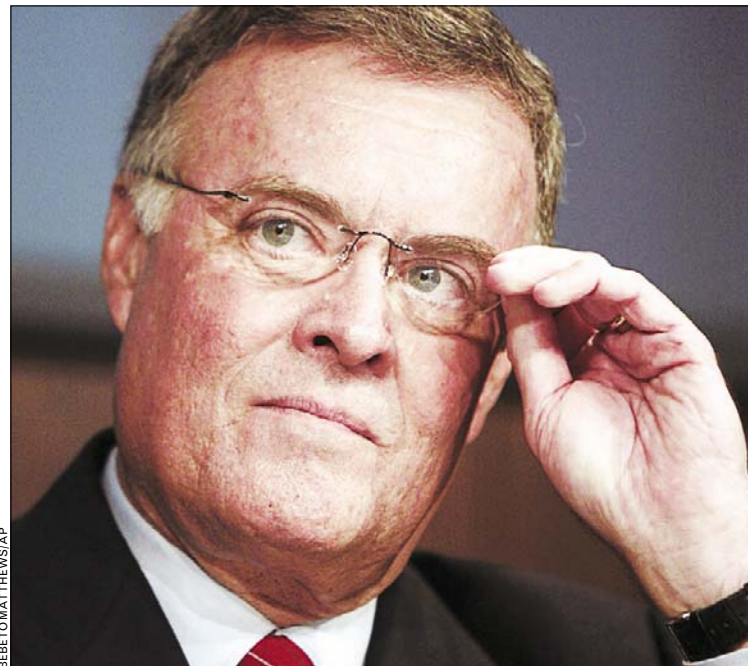
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## Money



Bank of America Chairman and CEO Ken Lewis on Monday said the chance to buy Merrill Lynch was the "opportunity of a lifetime." The deal is valued at \$50 billion.

## Bank of America Buys Merrill Lynch

**Bold \$50B decision  
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**NEW YORK** | Bank of America on Monday began adding another slice to its growing financial services empire, buying Merrill Lynch in a \$50 billion deal that would create a bank that offers everything from fixed-income trading to credit card lending.

It will rival Citigroup Inc., the biggest U.S. bank in terms of assets.

Bank of America Corp. said early Monday it would acquire Merrill Lynch in an all-stock transaction that should lift the uncertainty shrouding the investment bank since the start of the credit crisis more than a year ago.

Charlotte, N.C.-based Bank of America has the most deposits of any U.S. bank, while Merrill Lynch & Co. Inc. is the world's largest and most widely recognized brokerage.

The acquisition of Merrill "creates the premier financial company in the world," Bank of America Chairman and Chief Executive

Officer Ken Lewis said during a joint press conference with Merrill's chief executive, John Thain. "It was an opportunity of a lifetime," Lewis added.

Strategically, most industry analysts are saying it's a good fit. If the deal goes according to plan, Bank of America will be able to offer Mer-

**Bank of America will rival Citigroup, the largest U.S. bank in assets.**

rell's retail brokerage services to its huge customer base. There is not a great deal of overlap between the two companies — Bank of America does have an investment bank already, but it has never been terribly strong.

Where there is duplication, however, the combination of the two companies could result in more layoffs. Both Merrill and Bank of America have already cut thousands of investment banking jobs over the past year. (AP)

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29

The percentage of female shoppers in a survey by ShopSmart who say they are willing to switch to cheaper pet food brands to save money. In contrast, 67 percent of women in the study say they are willing to switch to cheaper brands of eggs and milk.

## Money

# Insurer AIG Loans Itself \$20 Billion

N.Y. eases regulations to give company time to shore up its books

CHARLOTTE, N.C. | American International Group Inc. will be allowed to use \$20 billion of assets held by its subsidiaries to provide cash needed for the troubled insurer to stay in business, New York Gov. David Paterson said Monday.

The move comes as AIG reviews its operations and discusses alternatives with outside parties, reportedly including Warren Buffett's



A man enters the world headquarters of American International Group Monday in New York. State officials cleared the way for AIG to borrow money from itself.

Berkshire Hathaway Inc., to shore up its business amid concern the world's largest insurer could need billions of dollars to shore up its balance sheet.

Paterson asked New York state insurance regulators to essentially allow New York-based AIG to provide a bridge loan to itself.

The move will allow AIG to use those assets as collateral to borrow cash to fund its day-to-day operations, Paterson explained.

It also helps AIG by "giving them what they need most, which is time," said Keefe Bruyette & Woods analyst Cliff Gallant, who added that

the relaxation of insurance regulations is "unprecedented."

AIG could face significant claims from Hurricanes Ike and Gustav, which have battered the Gulf Coast. But "AIG is a big company, and I would expect they will be able to meet their claims," Gallant said.

If an insurer cannot pay its claims, the state's insurance fund, which is backed by other insurance companies in the state, would help pay off policyholders.

"If anyone's been put at risk, it's the other insurance companies who do business in the state," Gallant said.

AIG has been battered over the past year by billions of dollars of losses tied to deterioration in the mortgage and credit markets. (AP)

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## Sports



**STUDY IN NUILITY:** Redskins TE Chris Cooley apologized for posting an explicit photo of himself on his Web site. Cooley wanted to show the readers of his blog some of the study materials the players were given. He was studying in the nude, and he didn't examine his photo closely before posting it.

# For Zorn, 1st Win Is a Trying Time

Redskins coach sees plenty of mistakes but plenty of promise too

**REDSKINS** | Jim Zorn stormed 10 yards onto the field, mad as a hornet, when the Redskins had to waste a timeout in the first quarter because they had 12 men on the field. Later in the half, the coach flung his play sheet to the ground when holder Durant Brooks' bobble led to a botched field-goal attempt. Even Steve Spurrier's tantrums were never so passionate.

More displeasure was on display when Jason Campbell missed chances to make some big plays as drives kept dying in the red zone in the first half.

"We left some things on the



Redskins coach Jim Zorn celebrated for a few hours after his first NFL win.

## Learning to Read

→ Of all the improvements Jim Zorn saw in Jason Campbell in week 2, perhaps the biggest was the quarterback's ability to go through his reads | **Today, Sports**

**IN** The Washington Post

field that I was hot about, and he knows it because I was jumping up and down," Zorn said. "I was telling him the reason I was jumping up and down — I was trying to get to his eye level so I could actually look him in the eye."

All NFL games have peaks and valleys of emotion, but a rookie coach's first win is an especially energy-sapping experience, particularly when he's someone who wears his competitive heart on his sleeve.

Zorn was happy but exhausted after Sunday's come-from-behind 29-24 victory over the Saints, one that might have seemed a long time in coming after such a disappointing debut a week earlier.

"You kind of wonder, especially with the way the last of the pre-season went and the first game, 'Gosh, can we really win?'" Zorn said Monday. "And we did. We can really do it."

Zorn said he celebrated his first win for "a few hours." Among the calls he received was one from fellow first-time head coach John Harbaugh of the Baltimore Ravens.

"He said, 'Hey, I know how you feel today,' because he won last week big for his first NFL win," Zorn said. "There was a special feeling about getting a win." JOSEPH WHITE (AP)

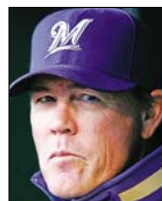
## Brewers Fire Manager During Push for Playoffs

**BASEBALL** | The Brewers fired manager Ned Yost on Monday, hoping to pull out of another late-season slump that has jeopardized the team's chance of making the playoffs for the first time since 1982.

Third-base coach Dale Sveum will take over as interim manager for the remainder of the season. The Brewers have lost seven of eight and fallen into a tie with Philadelphia for the NL wildcard lead. At 83-67, the Brewers have just 12 games to rebound.

Milwaukee came into this month with a 5½-game lead in the wild card, but since has lost 11 of 14 — including a four-game sweep by the Phillies over the weekend. Milwaukee was scheduled to begin a three-game series with the Central-leading Cubs on Tuesday.

"This was a very difficult move to make, and we appreciate all of the work that Ned has done to develop this team into a contender," GM Doug Melvin said. (AP)



Yost

# Ravens Say Bye-Bye to the Bye Week

Baltimore has to play 15 straight weeks after Ike forced cancelation

**RAVENS** | The Baltimore Ravens need to take advantage of their unexpected mini-vacation this week, because the rest of their season just got a whole lot tougher.

After learning that Hurricane Ike forced Baltimore's game against the Houston Texans to be postponed until Nov. 9, coach John Harbaugh gave the players Sunday, Monday and Tuesday off.

"We're disappointed that we didn't get a chance to play," Harbaugh said Monday, "but we understand the decision that the league made and we're looking forward to playing [Houston] down the road."

The unplanned break in the schedule means the Ravens now must play 15 straight weeks — including a wicked stretch that features five road games in a 29-day span.

The Ravens start with a six-game stretch that begins with trips to Indianapolis and Miami, a home game against Oakland, then road games against Cleveland, Houston and the New York Giants. Instead of lamenting his team's plight, Har-



John Harbaugh, right, won his first game. Now his Ravens have to play 15 straight.

baugh welcomed the challenge.

"To be honest with you, we're looking forward to it," he insisted. Then with a straight face, he added, "That will be something we will take on with relish and attack it with enthusiasm unknown to mankind."

The coaching staff is already preparing for Sunday's home game against Cleveland, but at some point will have to consider the best way to keep the players fresh during that stretch from October to Nov. 16.

"I don't think it changes anything

right now, but when those weeks come up we'll come up with a plan to account for the fact that we don't have a bye week," Harbaugh said. "Practices being altered in some fashion, players' reps being altered in some fashion. That's going to be very important in the middle of the season when that bye week doesn't happen." DAVID GINSBURG (AP)

**Chime in:** For the latest NFL news and discussion about the hot topics, visit [washingtonpost.com/theleague](http://washingtonpost.com/theleague).

## Swengali

**REDSKINS** | BY MATT SWENSON

## QB Takes a Huge Step Forward

**FACING A SITUATION** that was eerily similar to the Redskins opening loss to the New York Giants, Jason Campbell stopped thinking too much on Sunday.

Instead, the Redskins' quarterback just reacted, making two snap decisions that proved critical in erasing another nine-point deficit in the fourth quarter.

First, Campbell adjusted a call on second-and-22 to hit the resurgent Chris Cooley for a key first down with less than 10 minutes to go. Then the gunslinger who supposedly wasn't a good fit for the West Coast offense avoided a sack and hit Santana Moss on a touchdown pass almost identical to the receiver's long scores against the Cowboys in 2005.

**When it mattered, the Redskin facing the most pressure stood tall and threw long.**

"He knew exactly what to do with the ball," coach Jim Zorn said Monday, noting Campbell's decision to scramble in a similar moment against the Giants hurt the offense.

Campbell showed obvious of progress in leading Washington to Sunday's 29-24 win over the Saints. Was it enough? Hardly. Zorn rightly bemoaned being relegated to field goals in the first half. And, Zorn said, Campbell missed a couple other shots at big gainers.

Yet when it mattered, the Redskin facing the most pressure stood tall and threw long.

Campbell, and Washington in general, may want to consider taking the lead before the fourth quarter. But for now, Campbell has brought renewed hope to a season that was slipping away.

**@** To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)



**LOADED:** The SEC has five of the top 10 teams in the AP Top 25 this week, something no conference has ever achieved. Georgia fell to No. 3 after a close win against South Carolina. Florida is No. 4, LSU is No. 6, Alabama is No. 9, and Auburn is No. 10.

Sports

# Terps Say They've Taken a New Path

Maryland hopes its win over Cal will help turn around the season

**TERPS FOOTBALL** | Maryland probably could have lost to California and still salvaged the season. The benefit of winning the game, however, might turn out to be the difference between a good year and a memorable one. If nothing else, Saturday's 35-27 victory enabled the Terrapins to erase the ramifications

of a staggering loss to Middle Tennessee State one week earlier. "It feels great," Maryland senior guard Jaimie Thomas said. "It gets rid of that bad taste of losing to a team that we know we shouldn't have lost to. They came to play last week, and we came to play this week. It doesn't matter if you're a ranked team or not; you have to bring it every week." After passing for two touchdowns in a bounce-back effort against the 23rd-ranked Golden Bears, Mary-



Quarterback Chris Turner bounced back from a bad week to throw two TDs.

land quarterback Chris Turner said, "We knew that if could get this win, it could change the trajectory of the season. Hopefully, we can just capitalize on this victory." Turner threw three interceptions against Middle Tennessee State. Against California, he was 15-for-19 for 156 yards and two touchdowns — and no interceptions. "This game proves we can play with anyone," Turner said. "We can put a lot of points on the board and probably should have scored more

touchdowns." Maryland (2-1) looked like a completely different team against California than in its first two games, a narrow 14-7 win over Delaware and the 24-14 disaster against Middle Tennessee State. Perhaps it was just a matter of adjusting to the offense of first-year coordinator James Franklin, or maybe it was just that the Terrapins were sporting a different attitude against the Golden Bears. "I don't think the first two weeks they played to their potential," California coach Jeff Tedford said. "They had a light lit under them after the loss, and they were very focused." DAVID GINSBURG (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1. It's former Heisman finalist and Missouri QB **Chase Daniel** who is putting up the spectacular numbers. In the last two weeks, he has had more touchdowns (seven) than incompletions (six). 2. **Knowshon Moreno** (RB, Georgia) struggled with the rest of his team on Saturday, but he still ran for 79 yards and scored the game-winning touchdown. 3. Last year's winner, Florida QB **Tim Tebow**, is obviously still a favorite, but he has thrown for only 393 yards and three TDs this season. 4. **Sam Bradford** has led Oklahoma to a No. 2 overall ranking. If the Sooners continue to look dominant — and he continues to put up stellar numbers (882 yards and 12 TDs through three weeks), he will be hard to ignore. 5. He doesn't get a lot of love, but we still like dark horse **Michael Crabtree**, Texas Tech WR, because he has 395 receiving yards and five TDs, and that's off last year's pace. (EXPRESS)

TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN)** The Nationals are at home for 11 days. They start out with a series against the division-leading Mets. **ORIOLES (7 P.M. ON MASN)** The Orioles start a meaningless three-game series against the Blue Jays with rookie Chris Waters on the mound. **MINOR LEAGUE BASEBALL (8 P.M. ON**

**ESPN2)** The Triple-A Championship pits Scranton-Wilkes Barre against Sacramento in Oklahoma City. **SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC)** The Champions League is back on TV, with Chelsea playing FC Girondins de Bordeaux in London, followed by Barcelona hosting Sporting Clube de Portugal.



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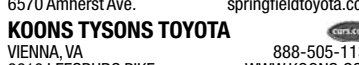
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15

The number of consecutive innings in which the Cubs held the Astros to no hits over two games. Carlos Zambrano allowed no hits on Sunday and Ted Lilly allowed a seventh-inning hit in Monday's 6-1 win.

## Sports

# Mystics' Issues Run Deep

Team must add inside presence, more star power in the offseason

**MYSTICS** | Her voice shaking with emotion, Mystics interim head coach Jessie Kenlaw said, "Had I known some things I know now, I'm not sure I would have accepted the position." Kenlaw declined to clarify her statement, but she was doubtless in part referring to the nose-dive her 10-24 team experienced under her leadership. Winning makes problems go away and losing makes them multiply, and to look at the Mystics is to see one issue after another.

The season, which ended Sunday, began with promise: The Mystics were 17-14 under Tree Rollins the previous summer and snagged WNBA great Taj McWilliams-Franklin in



Alana Beard, left, sits on the bench during Sunday's season-ending loss.

the offseason. But after the squad staggered to an 8-14 record, Rollins was fired. Then Kenlaw guided her team to a 2-2 mark, before McWilliams-Franklin was traded.

Though the team claimed the trade didn't sacrifice the season, it did: Washington didn't win a game

without McWilliams-Franklin, which highlights the failure of GM Linda Hargrove, the team's architect since 2005. Last season, Hargrove traded Chasity Melvin, the team's strongest inside presence, for wing Monique Currie with the assumption that Nakia Sanford could step in for Melvin. Sanford performed solidly in 2007, averaging 11 points and seven boards, but slipped dramatically this year, averaging less than seven points and six rebounds.

The other issue the Mystics will need to address is a lack of stars. A great player can alone carry a mediocre team to victory, but Alana Beard, in her fifth year and the franchise's sole legitimate star, isn't able to do so.

As Currie, once expected to be that second star, recently said, "Look at the teams in the playoffs: They have all-stars." **TIM FOLLOS**

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## Sports



Norv Turner, right, argues a fumble call in the fourth quarter of Sunday's game.

# Whistle Rule Is Debated

**In wake of Chargers' loss, NFL may look into offseason change**

NFL | The NFL will look into the inadvertent whistle rule that required officials to give the ball back to Denver in the final seconds of Sunday's game with San Diego.

League spokesman Greg Aiello said the NFL competition committee will look into the rule in the off-season, perhaps changing it as it did the "down by contact" rule.

The play occurred with the Broncos at the Chargers' 1-yard line in the final minute. Denver quarterback Jay Cutler dropped back to pass and the ball slipped out of his hands, bounced off the grass and into the arms of San Diego linebacker Tim Dobbins.

Referee Ed Hochuli ruled it an incomplete pass. Replay ruled it a fumble, but it was spotted at the 10-yard line, where the ball hit the ground, and given to Denver because the rules did not permit possession to be awarded to San Diego because the whistle had blown. Denver went on to score in its 39-38 win.

Until March 2007, down-by-contact plays were not reviewable. That rule was changed so that they were reviewable, and if a fumble occurred even after the whistle blew, the team recovering it got possession. "Officials are held accountable for their calls. They are graded on every play of every game," Aiello said Monday. "Ed has been an outstanding official for many years, but he will be marked down for this call." (AP)

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**MICHIGAN IS FOR SLACKERS:** Michael Moore is releasing his new film, "Slacker Uprising," online and for free, but the world premiere will take place the old-fashioned way: at a historic theater in Ann Arbor, Mich. Los Angeles must be miffed.

## Entertainment



**SAD NOTE:** Richard Wright — flanked by Pink Floyd guitar player David Gilmour and drummer Nick Mason — died on Monday.

# He'll 'Shine On'

## Pink Floyd founding member Richard Wright dies at 65

**PASSINGS** | Richard Wright, a founding member of the rock group Pink Floyd, died Monday. He was 65.

Pink Floyd's spokesman Doug Wright, who is not related to the artist, said Wright died after a battle with cancer at his home in Britain.

He says the band member's family did not want to give more details about his death.

Wright met Pink Floyd members Roger Waters and Nick Mason in college and joined their early band, Sigma 6. Along with the late Syd Barrett, the four formed Pink Floyd in 1965.

The group's jazz-infused rock and drug-laced multimedia "happenings" made them darlings of

the London psychedelic scene, and their 1967 album, "The Piper at the Gates of Dawn," was a hit.

In the early days of Pink Floyd, Wright, along with Barrett, was seen as the group's dominant musical force. The London-born musician and son of a biochemist wrote songs and sang.

The band released a series of commercially and critically successful albums including 1973's

"Dark Side of the Moon," which has sold more than 40 million copies. Wright wrote "The Great Gig in the Sky" and "Us and Them" for that album, and later worked on the group's epic compositions such as "Atom Heart Mother," "Echoes" and "Shine on You Crazy Diamond."

But tensions grew between Waters, Wright and fellow band member David Gilmour. The tensions came to a head during the making of "The Wall" when Waters insisted Wright be fired. As a result, Wright was relegated to the status of session musician on the tour of "The Wall" and did not perform on Pink Floyd's 1983 album, "The Final Cut."

Wright formed a new band, Zee, with Dave Harris, from the band Fashion, and released one album, "Identity," with Atlantic Records.

Waters left Pink Floyd in 1985, and Wright began recording with Mason and Gilmour again, releasing the albums "The Division Bell" and "A Momentary Lapse of Reason" as Pink Floyd. Wright also released the solo albums "Wet Dream" (1978) and "Broken China" (1996).

In July 2005, Wright, Waters, Mason and Gilmour reunited to perform at the "Live 8" charity concert in London — the first time in 25 years they had been onstage together.

Wright also worked on Gilmour's solo projects, most recently playing on the 2006 album "On an Island" and the accompanying world tour.

MEERA SELVA (AP)



**GROWN-UP?** You're seeing correctly: Britney doesn't have gum in her mouth.

## A Second Second Chance

### Fresh from her VMA appearance, Britney announces an album

**STARTING OVER** | Britney Spears' second comeback is in full swing: She's due to release a new album in December, on her 27th birthday.

"Circus" is set for release Dec. 2, a little over a year after she released "Blackout," which was perhaps her most critically acclaimed CD but came during her infamous year of erratic behavior, rehab, custody battles and at least one hospitalization. She barely promoted it, and the album — though it was certified platinum — was one of her least successful.

But these days, Spears has been in the spotlight for all the right reasons. She won three MTV Video Music Awards for her clip "Piece of Me" and appeared on the Sept. 7 awards show looking fit and stunning, a reversal of her disheveled, widely panned appearance in 2007.

Among the producers on Spears' new CD are Nate "Danja" Hills and Max Martin, who produced some of her biggest hits, including her first, "Baby One More Time." The first single, "Womanizer," will be released to radio Sept. 22.

NEKESA MUMBI MOODY (AP)

# Hedberg Gets the Last Laugh

## Comedy Central will release a recording from the late comic

**YEA** | Comedian Mitch Hedberg left behind a scanty treasure-trove of work before his death of a drug overdose at age 37 in 2005 — two CDs, 10 appearances on David Letterman and bit parts in the movies and on TV shows. Now, three years after his death, fans can get a taste of what Hedberg was planning for

his third CD with the release of "Do You Believe in Gosh?" Recorded at a California comedy club just two months before his death, "Do You Believe in Gosh?" is intended as a tribute to the comic.

Comedy Central Records, which releases eight to 12 records a year, is making the Hedberg CD its big release of the year, with billboards, print ads and a series of Hedberg tributes at a half-dozen comedy clubs earlier this month.

"This was not the record that



Hedberg's spaced-out persona in "Mitch All Together" is a cult classic.

he was going to record, but it's as close to it, I think, as we can get," said Jack Vaughn, vice president in charge of Comedy Central Records. "We just didn't want to do anything that would hurt his legacy."

Hedberg was working on new material that he recorded before an audience at the Ontario Improv in Ontario, Calif., in January 2005. Vaughn said Hedberg talked to him that March about recording a new CD the next October. JEFF

BAENEN (AP)

## Entertainment

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After seven years of playing a tough-guy cop, Chiklis has a difficult time smiling.

# A Seventh Send-Off

**Chiklis & co. wrap the final season of FX's 'The Shield'**

**GOODBYE** | FX's genre-bending crime thriller "The Shield" closes its seventh and final season in November, and the fate of Michael Chiklis' hard-bitten Vic Mackey and his corrupt Los Angeles police strike team remain under as much cover as their typically unorthodox detective work.

"I'm loath to really talk about the specifics of what we're shooting," said Chiklis, on a break from filming final scenes at the Los Angeles Times building.

The production was shrouded in secrecy so as not to offer any clues about the outcome, with great care taken to make sure no shooting scripts were left lying around — unlike a typical TV series set.

Creator Shawn Ryan would say only that "the last 13 episodes, and especially the last few, are very, very true to the show. We don't shy away from hitting things head-on, and I'm thrilled with how the episodes ended ... more than happy."

Judging from press screenings of the first eight episodes, Ryan has reason to be pleased. "The Shield,"

which airs Tuesdays at 10 p.m. and concludes Nov. 25, remains unpredictable, with Vic and his men each getting their due for the sins they've committed to enforce their warped brand of justice.

As production wound down, there was a last-day-of-school vibe on the set. A production assistant collected RSVPs for a wrap party, while Benito Martinez, who plays David Aceveda, took photos.

"This journey has not been unlike reading a really great book where you get into some really great characters and you want to keep going from chapter to chapter to see where they go," Martinez said. "But the story's done, and if we kept going, it wouldn't have the impact, the same resonance."

Still, the end isn't easy.

"This has been a really, really tough week for the cast and writers — we had the read-through of our last script," said Chiklis, taking a slow, deep breath. "When you read the last script of a series, even if it's had a long run, even if it wasn't the best of circumstances, it's a sad thing. But in the case of 'The Shield,' where it's been a really remarkable, life-changing experience for all of us, it's been difficult."

JANICE RHOSHALL LITTLEJOHN (AP)

## Entertainment

# Nostalgic Ride

**The Minnow has been found and may be used for tours in B.C.**

REALITY TV | "Gilligan's Island" fans seeking some 1960s television nostalgia may soon be able to take a three-hour tour from Vancouver Island on one of the boats that appeared as the SS Minnow in the CBS series. Ken Schley and John Briuolo have restored the 36-foot mahogany vessel they bought a couple years ago for about \$89,000.

"We're just trying to find a skipper and a helper," Schley said.

He said the 48-year-old boat is the one seen leaving the harbor in the opening sequence just before, according to the theme song, "the weather started getting rough."

It even has an old life preserver emblazoned with "S.S. Minnow." A photo of the show's cast hangs above the galley table. The boat's original name was the Blue Jacket but was renamed for a big fish in



Ken Schley of Nanaimo, B.C., poses at the controls of the original SS Minnow.

broadcasting, Newton Minnow, who at the time was chairman of the U.S. Federal Communications Commission.

Former owner Scotty Taylor kept the twin-diesel Wheeler Express Cruiser in Parksville, British Columbia, after buying it from a previous owner who was taking the boat south from Alaska when it hit a reef in Hecate Strait between the Queen Charlotte Islands and

the mainland. Taylor bought it for salvage value after promising he would see to it that it was restored. Schley said Taylor moored the boat next to his own vessel for years.

"Everybody in the marina knew it was the Minnow," he said.

Now he says it's seaworthy for tours: "I had a professional boat craftsman do it," Schley said. "It was definitely aged. There was a lot of wood rot." (AP)

# The Play Is the Thing

**Broadway's 'Spring Awakening' is has well-timed relevance**

FITTING | Teenage pregnancy. Abstinence. Abortion. Sex education. All of a sudden, the subject matter of "Spring Awakening," Broadway's rock-pop look at youthful sexual and social anxieties, is sounding more relevant than ever — thanks to the culture wars being reignited during the presidential campaign.

That relevance couldn't be timed more perfectly with the introduction of a new cast to the Duncan Sheik-Steven Sater musical, now racing toward the end of its second year at the Eugene O'Neill Theatre.

A repeat visit to the show reenforges the triumph of director Michael Mayer's snare vet striking



Hunter Parrish's carefully tousled locks prove what a rebel his character is.

production as it morphs from episodic morality tale to rock concert whenever Sheik's intoxicating music and Sater's pungent lyrics take over. The cast sits onstage, along with some members of the audience, as Sater's crisp, concise adaptation of Frank Wedekind's classic story of naive, confused teenagers in late

It may not be fair to compare the replacement actors to the show's original performers, whose electricity was doubly felt because it was so unexpected. The shock of the new is gone now for seasoned "Spring Awakening" groupies, but there still are performances to be savored, particularly for theatergoers who have never seen the musical.

The most prominent member of the new company is Hunter Parrish, best known these days as Mary-Louise Parker's older son on Showtime's "Weeds." He possesses leading-man good looks and a disarming personality that proves winning as the rebellious Melchior.

"Spring Awakening," as it juxtaposes strait-laced society of more than a century ago with the wild abandonment of a modern throbbing rock score, remains a unique

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# Entertainment



**A BIG ROLE:** Chris Noth, best known for his role as Sarah Jessica Parker's major love interest on "Sex and the City," will appear in the world premiere of "Farragut North," Beau Willimon's play of political intrigue. The production opens Nov. 12 in New York.

## Real Monkey Business

**'We Bought a Zoo' is an inspiring memoir about career change**

**NONFICTION** | We may have studied animals, we may love animals. We may hate zoos, we may love them. But who can actually claim to own one?

Benjamin Mee, in "We Bought a Zoo."

Through chance, the steadfast

"look-the-other-way" support of his family and a long line of credit applications, in October 2006, Mee and his family became the owners of Dartmoor Wildlife Park, its 200 animals and their decrepit homes.

Two years earlier, Mee, a newspaper columnist, and his wife, Katherine, had escaped from London with their two young children and bought two old stone barns in the heart of Southern France. Paradise.

But, when Mee's sister sent him a

listing for a zoo in Devon, England, his gears began to turn.

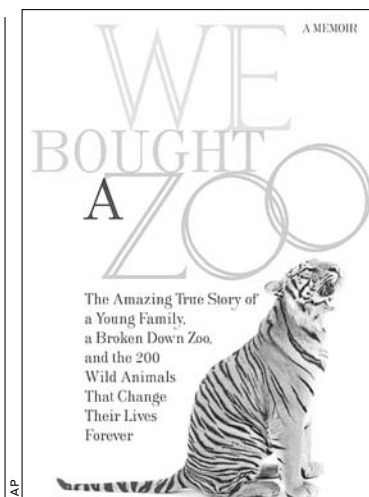
As a student of animal behavior, Mee was only marginally more qualified for the job of zookeeper than the average person. But as a conservationist, he saw the potential in the zoo immediately: to live with, educate the public about, and help create a better world for the animals was something that he couldn't pass up.

The goals of the zoo were clear

— keep the dedicated original staff, improve the conditions, bring it up to code, reopen it, educate visitors and somehow find the money to keep the whole thing going. What wasn't clear was what and who would cause the bumps along the way. It was these impending snags that were too good for the media to pass up, so BBC2 sent a camera crew to document the turmoil. And they weren't disappointed.

A cunning jaguar escapes, as does a wolf. Yet the zoo manages to reopen in July 2007 as Dartmoor Zoological Park. How? Read on.

SARA ROSE (AP)



Real lions, tigers and bears. Oh, my!

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**THE IMAX EXPERIENCE**  
**KUNG FU PANDA: THE IMAX EXPERIENCE (PG)**  
6:45, 9:00  
**SPACE STATION 3D (NR-NOT RATED)** 3:45, 5:15

**DIGITAL 3D**  
**FLY ME TO THE MOON 3-D (G)** 1:45, 6:55  
**JOURNEY TO THE CENTER OF THE EARTH (PG)**  
4:25, 9:10

**PROUD AMERICAN (PG)** 2:30, 5:00, 7:30, 10:05  
**RIGHTOUS KILL (R)** 1:35, 2:30, 4:00, 6:30, 7:30, 9:00, 10:00  
**RIGHTOUS KILL (R)** 1:35, 4:00, 6:30, 9:00  
**SURFER, DUDE (R)** 1:30, 3:40, 5:50, 8:00, 10:10  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:40, 3:20, 3:50, 4:20, 6:05, 6:35, 7:05, 7:35, 8:45, 9:15, 9:45, 10:15  
**THE WOMEN (PG13)** 1:50, 4:30, 7:15, 9:50  
**BANGKOK DANGEROUS (R)** 2:15, 4:40, 7:10  
**BABYLON A.D. (PG13)** 7:55, 10:15  
**DISASTER MOVIE (PG13)** 3:05, 5:20  
**TRAITOR (PG13)** 1:55, 4:35, 7:20, 10:00  
**DEATH RACE (R)** 2:05, 4:40, 7:10, 9:40  
**THE HOUSE BUNNY (PG13)** 2:20, 4:50, 7:05, 9:30  
**MIRRORS (R)** 4:55, 9:55  
**TROPIC THUNDER (R)** 2:00, 4:45, 7:15, 9:45  
**PINEAPPLE EXPRESS (R)** 8:20  
**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13)** 3:05, 5:40  
**THE DARK KNIGHT (PG13)** 2:25, 5:45, 9:05

**AMC SELECT**  
**BURN AFTER READING (R)** 2:15, 3:15, 4:35, 5:35, 7:00, 8:00, 9:15, 10:15  
**VICKY CRISTINA BARCELONA (PG13)** 2:10, 4:30, 7:00, 9:20

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**THE IMAX EXPERIENCE**  
**KUNG FU PANDA: THE IMAX EXPERIENCE (PG)**  
4:35, 6:55, 9:15  
**SPACE STATION 3D (NR-NOT RATED)** 1:10, 2:45

**DIGITAL PRESENTATION**  
**BABYLON A.D. (PG13)** 12:50, 3:20, 5:50, 8:15, 10:45  
**RIGHTOUS KILL (R)** 2:20, 5:05, 7:30, 10:10  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 9:35, 10:35  
**THE WOMEN (PG13)** 2:05, 4:50, 7:45, 10:20  
**BANGKOK DANGEROUS (R)** 2:40, 5:10, 7:40, 10:05  
**DISASTER MOVIE (PG13)** 6:00, 8:20, 10:40  
**TRAITOR (PG13)** 1:50, 4:30, 7:20, 9:55  
**TRAITOR (PG13)** 1:50, 4:30, 7:20, 9:55  
**THE HOUSE BUNNY (PG13)** 12:45, 3:10, 5:40, 8:10, 10:30  
**MIRRORS (R)** 9:50 PM  
**STAR WARS: THE CLONE WARS (PG)** 1:05, 3:30  
**TROPIC THUNDER (R)** 2:30, 5:15, 7:50, 10:25  
**THE DARK KNIGHT (PG13)** 3:00, 6:30, 10:00  
**MAMMA MIA! (PG13)** 1:40, 4:15, 7:10

**AMC SELECT**  
**BURN AFTER READING (R)** 2:15, 4:45, 7:15, 9:40

**LOEWS GEORGETOWN 14**  
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202-342-6441

**RIGHTOUS KILL (R)** 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:05, 10:20  
**SURFER, DUDE (R)** 1:15, 3:05, 5:10, 7:25, 9:30  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:45, 4:30, 7:15, 10:00  
**THE WOMEN (PG13)** 1:25, 4:15, 7:00, 9:50  
**BANGKOK DANGEROUS (R)** 2:00, 4:25, 10:30  
**TRAITOR (PG13)** 2:50, 5:30, 8:10, 10:30  
**TRAITOR (PG13)** 2:50, 5:30, 8:10, 10:30  
**THE HOUSE BUNNY (PG13)** 3:00, 5:25, 7:55, 10:25  
**TROPIC THUNDER (R)** 2:20, 4:55, 7:35, 10:10  
**PINEAPPLE EXPRESS (R)** 4:40, 9:45  
**THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13)** 1:10  
**THE DARK KNIGHT (PG13)** 3:50, 7:05, 10:15

**AMC SELECT**  
**BURN AFTER READING (R)** 1:55, 4:20, 6:45, 9:15  
**BURN AFTER READING (R)** 3:10, 5:35, 8:00, 10:30  
**VICKY CRISTINA BARCELONA (PG13)** 2:35, 5:00, 7:30, 10:05  
**HAMLET 2 (R)** 2:15, 7:20

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**THE IMAX EXPERIENCE**  
**KUNG FU PANDA: THE IMAX EXPERIENCE (PG)**  
4:10, 8:10, 10:25  
**SPACE STATION 3D (NR-NOT RATED)** 1:00, 2:35, 6:35

**DIGITAL 3D**  
**FLY ME TO THE MOON 3-D (G)** 2:00, 6:50  
**JOURNEY TO THE CENTER OF THE EARTH (PG)**  
4:20, 9:10

**PROUD AMERICAN (PG)** 1:50, 4:40, 7:10, 9:40  
**RIGHTOUS KILL (R)** 1:45, 2:30, 4:30, 5:15, 7:15, 7:55, 10:00, 10:25  
**SURFER, DUDE (R)** 1:05, 3:15, 5:30, 7:40, 10:05  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:35, 4:00, 6:15, 7:00, 7:45, 9:00, 9:45, 10:20  
**THE WOMEN (PG13)** 1:15, 4:00, 6:45, 9:30  
**BANGKOK DANGEROUS (R)** 2:05, 4:35, 7:05, 9:35  
**BABYLON A.D. (PG13)** 7:55, 10:15  
**DISASTER MOVIE (PG13)** 2:40  
**TRAITOR (PG13)** 2:10, 4:50, 7:25, 10:00  
**DEATH RACE (R)** 4:45, 10:05  
**THE HOUSE BUNNY (PG13)** 1:30, 4:10, 6:55, 9:25  
**STAR WARS: THE CLONE WARS (PG)** 1:35, 4:05  
**TROPIC THUNDER (R)** 1:55, 4:55, 7:35, 10:10  
**TROPIC THUNDER (R)** 1:55, 4:55, 7:35, 10:10  
**PINEAPPLE EXPRESS (R)** 1:45, 7:20  
**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13)** 2:20, 5:05  
**THE DARK KNIGHT (PG13)** 6:30, 9:50

**AMC SELECT**  
**BURN AFTER READING (R)** 2:50, 5:10, 7:30, 9:50

**AMC COURTHOUSE PLAZA 8**  
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703-998-4AMC

**PROUD AMERICAN (PG)** 2:00, 4:20, 6:50  
**THE WOMEN (PG13)** 2:40, 5:20, 8:00  
**BANGKOK DANGEROUS (R)** 2:20, 4:40, 7:10  
**TRAITOR (PG13)** 2:30, 5:10, 7:50  
**BABYLON A.D. (PG13)** 3:20, 5:40, 8:10  
**THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13)** 2:10, 4:50, 7:30  
**SEX AND THE CITY (R)** 4:00, 7:00  
**HAMLET 2 (R)** 2:50, 5:00, 7:20

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**PROUD AMERICAN (PG)** 1:20, 4:20, 7:20, 9:50  
**RIGHTOUS KILL (R)** 12:35, 1:35, 3:35, 4:35, 6:35, 7:35, 9:30, 10:15  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 12:05, 1:05, 2:05, 3:05, 4:05, 5:05, 6:05, 7:05, 8:05, 9:00, 10:00  
**BANGKOK DANGEROUS (R)** 1:40, 4:40, 7:40, 10:10  
**BABYLON A.D. (PG13)** 12:10, 2:25, 4:55, 7:25, 9:55  
**DISASTER MOVIE (PG13)** 3:00, 7:50  
**TRAITOR (PG13)** 1:10, 4:10, 7:10, 10:10  
**TRAITOR (PG13)** 1:10, 4:10, 7:10, 10:10  
**DEATH RACE (R)** 1:15, 4:15, 7:15, 10:15  
**THE LONGSHOTS (PG)** 12:15, 2:30, 4:45, 7:00, 9:35  
**MIRRORS (R)** 12:30, 5:15, 10:05

**LOEWS SHIRLINGTON 7**  
2772 South Randolph  
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**AMC SELECT**  
**BURN AFTER READING (R)** 1:30, 2:30, 4:10, 4:40, 7:10, 7:50  
**VICKY CRISTINA BARCELONA (PG13)** 1:50, 4:10, 7:00  
**I SERVED THE KING OF ENGLAND (R)** 2:20, 5:00, 7:40  
**BOTTLE SHOCK (PG13)** 1:40, 4:20, 7:00  
**BRIDESHEAD REVISITED (PG13)** 4:30  
**TRANSIBERIAN (R)** 1:45, 7:20  
**FROZEN RIVER (R)** 2:00, 7:30  
**TELL NO ONE (NR-NOT RATED)** 4:50

**LOEWS UPTOWN 1**  
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1-800-FANDANGO #713

**THE DARK KNIGHT (PG13)** 2:00, 5:15, 8:30

**AMC TYSONS CORNER 16**  
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**DIGITAL 3D**  
**JOURNEY TO THE CENTER OF THE EARTH (PG)**  
1:05, 3:20, 5:40, 8:05, 10:25  
**RIGHTOUS KILL (R)** 1:00, 2:10, 3:25, 4:40, 5:50, 7:05, 8:15, 9:35, 10:40

**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:20, 2:40, 4:05, 5:15, 6:45, 8:00, 9:20, 10:35  
**THE WOMEN (PG13)** 1:35, 4:30, 7:20, 10:05  
**BANGKOK DANGEROUS (R)** 1:00, 3:20, 5:45, 8:20, 10:45  
**BABYLON A.D. (PG13)** 5:35, 7:55, 10:10  
**TRAITOR (PG13)** 1:30, 4:20, 7:00, 9:40  
**DEATH RACE (R)** 7:50, 10:20  
**THE HOUSE BUNNY (PG13)** 1:10, 3:30, 5:50, 8:10, 10:30  
**STAR WARS: THE CLONE WARS (PG)** 12:50, 3:10, 5:30  
**TROPIC THUNDER (R)** 1:50, 4:35, 7:15, 9:50  
**PINEAPPLE EXPRESS (R)** 10:15 PM  
**THE DARK KNIGHT (PG13)** 2:05, 5:20, 8:40  
**MAMMA MIA! SING A LONG (PG13)** 1:55, 4:45, 7:35  
**WALL-E (G)** 12:55, 3:15

**AMC SELECT**  
**BURN AFTER READING (R)** 12:50, 3:05, 5:25, 7:45, 10:05  
**VICKY CRISTINA BARCELONA (PG13)** 1:15, 3:35, 5:55, 8:25, 10:45

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**PROUD AMERICAN (PG)** 2:00, 4:40, 7:30  
**RIGHTOUS KILL (R)** 2:10, 4:50, 7:20  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 2:30, 5:00, 7:50  
**THE WOMEN (PG13)** 1:50, 4:30, 7:10  
**BANGKOK DANGEROUS (R)** 2:50, 5:20, 8:00  
**TROPIC THUNDER (R)** 2:20, 5:10, 7:40  
**MAMMA MIA! (PG13)** 3:30

**LOEWS RIO CINEMAS 18**  
9811 Washington Boulevard  
301-948-0906

**DIGITAL 3D**  
**FLY ME TO THE MOON 3-D (G)** 4:30, 6:40  
**JOURNEY TO THE CENTER OF THE EARTH (PG)**  
1:55, 8:50

**PROUD AMERICAN (PG)** 1:30, 4:00, 6:35, 9:15  
**RIGHTOUS KILL (R)** 1:00, 2:05, 3:25, 4:40, 5:55, 7:15, 8:20, 8:45, 10:45  
**SURFER, DUDE (R)** 1:15, 3:35, 5:45, 7:50, 10:00  
**TYLER PERRY'S THE FAMILY THAT PREYS (PG13)** 1:05, 2:00, 3:40, 4:45, 6:15, 7:20, 9:00, 9:55  
**THE WOMEN (PG13)** 1:35, 4:10, 6:55, 9:30  
**BANGKOK DANGEROUS (R)** 1:45, 4:20, 7:05, 9:40  
**BABYLON A.D. (PG13)** 5:30, 7:50, 10:10  
**DISASTER MOVIE (PG13)** 4:55, 10:10  
**TRAITOR (PG13)** 1:40, 4:15, 7:00, 9:35  
**TRAITOR (PG13)** 1:40, 4:15, 7:00, 9:35  
**THE HOUSE BUNNY (PG13)** 1:10, 3:30, 5:50, 8:15, 10:35  
**THE LONGSHOTS (PG)** 2:20, 7:35  
**STAR WARS: THE CLONE WARS (PG)** 1:25, 6:45  
**TROPIC THUNDER (R)** 1:50, 4:25, 7:10, 9:40  
**THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13)** 3:45, 9:10  
**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13)** 2:20  
**THE DARK KNIGHT (PG13)** 1:20, 4:35, 8:00

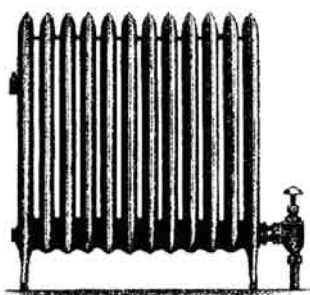
**AMC SELECT**  
**BURN AFTER READING (R)** 2:10, 4:40, 7:25, 9:50  
**VICKY CRISTINA BARCELONA (PG13)** 2:15, 4:35, 7:30, 10:05

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**THE WOMEN (PG13)** 2:00, 4:50, 7:25  
**BANGKOK DANGEROUS (R)** 2:10, 4:35, 7:30  
**TRAITOR (PG13)** 2:15, 5:00, 7:35  
**AMC SELECT**  
**BURN AFTER READING (R)** 2:25, 4:40, 7:15  
**VICKY CRISTINA BARCELONA (PG13)** 2:05, 4:45, 7:20

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BURN AFTER READING (R) - ID REQ'D (115 230 415 515) 645 745  
915 1015  
RIGHTEOUS KILL (R) - ID REQ'D (130 245 430 530) 715 815 945 1045  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (100 400) 700  
1000  
THE WOMEN (PG-13) (130 400) 700 930  
BANGKOK DANGEROUS (R) - ID REQ'D (215 500) 730 1015  
TRAITOR (PG-13) (145 445) 730 1030  
FLY ME TO THE MOON 3D (G) ★ (100 330) 630 900  
HOUSE BUNNY (PG-13) (430) 715  
OC: HOUSE BUNNY (PG-13) (200) 945  
VICKY CRISTINA BARCELONA (PG-13) (100 345) 630 900  
TROPIC THUNDER (R) - ID REQ'D (200 500) 800 1045  
THE DARK KNIGHT (PG-13) (115 500) 830

## GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS - DP (PG-13) (1230) 330 620  
915  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1145) 150 1045  
430 530 715 810 1010 1045  
THE WOMEN (PG-13) (150) 415 700 945  
RIGHTEOUS KILL (R) - ID REQ'D (1150 1240 215) 315 500 630 730  
930 1000  
BURN AFTER READING (R) - ID REQ'D (1215 115 245) 400 515 640  
745 910 1015  
BANGKOK DANGEROUS (R) - ID REQ'D (1200 225) 455 725 955  
TRAITOR (PG-13) (1245) 445 740 1020  
ELEGY (R) - ID REQ'D 1025 PM  
OC: HOUSE BUNNY (PG-13) (220) 720  
HOUSE BUNNY (PG-13) (1155) 450 955  
TROPIC THUNDER (R) - ID REQ'D (100) 350 705 940  
PINEAPPLE EXPRESS (R) - ID REQ'D 345 1005  
TRANSSIBERIAN (R) - ID REQ'D (1210 240) 510 750  
THE DARK KNIGHT (PG-13) (1225) 650

## UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
THE WOMEN (PG-13) (130 445) 715 1000  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (115 200 400  
445) 700 745 945 1030  
RIGHTEOUS KILL (R) - ID REQ'D (100 145 330 415) 645 730 930 1015  
BURN AFTER READING (R) - ID REQ'D (115 200 345 430) 630 715  
915 945  
BANGKOK DANGEROUS (R) - ID REQ'D (215 500) 730 1015  
TRAITOR (PG-13) (215 500) 745 1030  
OC: HOUSE BUNNY (PG-13) (515) 1025  
THE LONGSHOTS (PG) (345) 930  
HOUSE BUNNY (PG-13) (230) 800  
VICKY CRISTINA BARCELONA (PG-13) (145 400) 645 915  
TROPIC THUNDER (R) - ID REQ'D (130 415) 700 1000  
MAMMA MIA (PG-13) (100) 630  
THE DARK KNIGHT (PG-13) (100 430) 800

## MAJESTIC STADIUM 20

900 Ellsworth Dr Silver Spring, MD 240-393-4826

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1205 1245 130 210 240 320 410 445 515) 600 645 730 800 845 920  
1010 1045  
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (115 150 340 425) 605 700  
830 935  
BURN AFTER READING (R) - ID REQ'D (Stadium) (1230 100 245 330  
500 550) 715 810 945 1030  
THE WOMEN (PG-13) (Stadium) (1230 100 245 330  
500 550) 715 810 945 1030  
Proud American (PG) (Stadium) (1210 230 510) 745 1015  
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium) (125 400) 650 915  
DISASTER MOVIE (PG-13) (Stadium) (1250 315)  
BABYLON AD (PG-13) (350) 610 825 1045  
RW: TRAITOR (PG-13) (Stadium) (140 420) 710 950  
RW: THE HOUSE BUNNY (PG-13) (Stadium) (120 345) 615 835  
DEATH RACE (R) - ID REQ'D (Stadium) (540) 815 1050  
THE LONGSHOTS (PG) (Stadium) (135 415) 640 855  
VICKY CRISTINA BARCELONA (PG-13) (Stadium) (1255 310 530) 750  
1005  
MIRRORES (R) - ID REQ'D (Stadium) (105) PM  
TROPIC THUNDER (R) - ID REQ'D (Stadium) (200 440) 735 1000  
PINEAPPLE EXPRESS (R) - ID REQ'D (Stadium) 740 1025  
THE DARK KNIGHT (PG-13) (Stadium) (1240 355) 710 1020  
WALL-E (G) (Stadium) (1215 235 505)

## ROYALE STADIUM 14

6505 America Blvd Hyattsville, MD 301-864-3456

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium) (100  
130 200 335 405 435) 640 710 750 930 1000 1030  
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (105 140 345 415) 705 735  
945 1020  
THE WOMEN (PG-13) (Stadium) (135 420) 700 950  
BURN AFTER READING (R) - ID REQ'D (Stadium) (150 445) 745 1035  
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium) (110 340) 720 940  
BABYLON AD (PG-13) (Stadium) (155) 740 1025  
RW: TRAITOR (PG-13) (Stadium) (115 410) 715 955  
RW: THE HOUSE BUNNY (PG-13) (Stadium) (205 440) 755 1015  
DEATH RACE (R) - ID REQ'D (Stadium) (400) 1005  
THE LONGSHOTS (PG) (Stadium) (125) 730  
MIRRORES (R) - ID REQ'D (Stadium) (430) PM  
TROPIC THUNDER (R) - ID REQ'D (Stadium) (120 350) 725 1010  
THE DARK KNIGHT (PG-13) (Stadium) (145 450) 800

## BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1245 330) 715  
950  
THE WOMEN (PG-13) (1210 230 500) 730 1000  
RIGHTEOUS KILL (R) - ID REQ'D (1200 100 220 320 445 545) 700 800  
920 1020  
BANGKOK DANGEROUS (R) - ID REQ'D (1230 300 530) 800 1030  
TRAITOR (PG-13) (1200 235 510) 745 1020  
HOUSE BUNNY (PG-13) (1200 215 445) 715 940  
VICKY CRISTINA BARCELONA (PG-13) (1245 300 515) 730 945  
STAR WARS: THE CLONE WARS (PG) (1205 220 440)  
TROPIC THUNDER (R) - ID REQ'D (1245 315 545) 810 1030  
THE DARK KNIGHT (PG-13) 700 1015

## BOWIE STADIUM 14

15200 Major Landsale Blvd 800-FANDANGO 454#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (100 130 215  
300 345 415 500 545) 615 700 745 830 915 945 1030  
RIGHTEOUS KILL (R) - ID REQ'D (125 445) 715 1000  
BURN AFTER READING (R) - ID REQ'D (200 230 430 500) 700 730 915  
1015  
BANGKOK DANGEROUS (R) - ID REQ'D (115 400) 615 900  
BABYLON AD (PG-13) (330) 630 845  
TRAITOR (PG-13) (130 515) 745 1015  
THE LONGSHOTS (PG) (230 445) 715 930  
FLY ME TO THE MOON 3D (G) ★ (145 400) 645 900  
MAMMA MIA (PG-13) (100) PM  
TROPIC THUNDER (R) - ID REQ'D (300 530) 800 1030

## GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (130 200 430  
500) 715 745 1015 1045  
RIGHTEOUS KILL (R) - ID REQ'D (145 215 445 515) 730 800 1015  
BURN AFTER READING (R) - ID REQ'D (115 415) 730 1030  
THE WOMEN (PG-13) (130 430) 715 1030  
BANGKOK DANGEROUS (R) - ID REQ'D (145 520) 800 1020  
DISASTER MOVIE (PG-13) (215 445) 745 1030  
TRAITOR (PG-13) (100 415) 645 930  
HOUSE BUNNY (PG-13) (100) 700  
OC: HOUSE BUNNY (PG-13) (345) 945  
DEATH RACE (R) - ID REQ'D (200 515) 815  
THE LONGSHOTS (PG) (115 415) 700 930  
TROPIC THUNDER (R) - ID REQ'D (230 500) 815 1045  
THE DARK KNIGHT (PG-13) (230) 630 945

## BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (150 440) 720  
1005  
RIGHTEOUS KILL (R) - ID REQ'D (140 220 420 500) 710 750 950 1030  
BURN AFTER READING (R) - ID REQ'D (200 240 430 510) 700 740  
930 1010  
DISASTER MOVIE (PG-13) 810 1035  
BABYLON AD (PG-13) 835 PM  
VICKY CRISTINA BARCELONA (PG-13) (100 340) 630 900  
STAR WARS: THE CLONE WARS (PG) (210 450)  
TROPIC THUNDER (R) - ID REQ'D (135 440) 715 1000  
PINEAPPLE EXPRESS (R) - ID REQ'D 730 1020  
TRANSSIBERIAN (R) - ID REQ'D (105 350) 635 920  
MAMMA MIA (PG-13) (120 405) 650  
THE DARK KNIGHT (PG-13) (255) 820 940  
WALL-E (G) (1200 250) 530

## POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
THE WOMEN (PG-13) (150 440) 730 1010  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1240 120 200  
240 330 410 450 530) 620 700 740 820 910 950 1030  
RIGHTEOUS KILL (R) - ID REQ'D (140 220 430 510) 720 800 1000  
BANGKOK DANGEROUS (R) - ID REQ'D (250 520) 750 1025  
BABYLON AD (PG-13) (425) 710 935  
TRAITOR (PG-13) (230 520) 810 810  
OC: HOUSE BUNNY (PG-13) (350) 920  
DEATH RACE (R) - ID REQ'D (1255 335) 610 900  
HOUSE BUNNY (PG-13) (130 400) 630 900  
FLY ME TO THE MOON 3D (G) ★ (1250) 640  
MIRRORES (R) - ID REQ'D (100 320) 540 800  
TROPIC THUNDER (R) - ID REQ'D (210 500) 810  
THE DARK KNIGHT (PG-13) (1250 420) 750

## KINGSTOWN STADIUM 16

5910 Kineshtowne Towne Center 703-822-4956

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
THE WOMEN (PG-13) (1205 230 515) 740 1015  
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (1230 135 300 400 525)  
650 805 925 1030  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1200 1245 130 235 335 415 510) 615 700 750 900 945 1025  
BURN AFTER READING (R) - ID REQ'D (Stadium) (1215 115 245 345  
505) 635 735 915 1000  
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium) (1225 250 520)  
DISASTER MOVIE (PG-13) (Stadium) 745 1020  
TRAITOR (PG-13) (110 350) 645 935  
RW: THE HOUSE BUNNY (PG-13) (Stadium) (105 355) 715 955  
DEATH RACE (R) - ID REQ'D (Stadium) (410) 710 940  
THE LONGSHOTS (PG) (Stadium) (1240 320) 620 850  
MIRRORES (R) - ID REQ'D (Stadium) (1250) PM  
TROPIC THUNDER (R) - ID REQ'D (Stadium) (1255 330) 655 930  
THE DARK KNIGHT (PG-13) (Stadium) (1200 315) 630 950

## COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (140 420) 750  
1035  
RIGHTEOUS KILL (R) - ID REQ'D (1130 1240 210 330 450) 630 730  
910 1010  
BURN AFTER READING (R) - ID REQ'D (1140 1250 200 340 430) 620  
720 850 950  
SURFER DUDE (R) - ID REQ'D (1210 225 440) 725 1005  
STAR WARS: THE CLONE WARS (PG) - ID REQ'D (1150 220 500) 735 1020  
DISASTER MOVIE (PG-13) (1135) AM  
BABYLON AD (PG-13) (205 435) 700 935  
OC: HOUSE BUNNY (PG-13) (120 415) 740 1025  
DEATH RACE (R) - ID REQ'D (410) 925  
THE LONGSHOTS (PG) (115 400) 635 920  
HOUSE BUNNY (PG-13) (120) 650  
STAR WARS: THE CLONE WARS (PG) (100 335) 610 900  
TROPIC THUNDER (R) - ID REQ'D (1235 315) 655 930  
PINEAPPLE EXPRESS (R) - ID REQ'D 955 PM  
THE MUMMY: TOMBS OF THE DRAGON EMPEROR (PG-13) (1255 350)  
710  
MAMMA MIA (PG-13) (1220 300) 605 855  
THE DARK KNIGHT (PG-13) (1200 320) 640 1000  
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (110 355) 625 905  
WALL-E (G) (1155 230 510)

## FOX STADIUM 16

22875 Crawford Plz Asburn, VA 703-957-1035

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1200 220 445) 715  
945  
BURN AFTER READING (R) - ID REQ'D (Stadium) (1200 220 445) 715  
945  
THE WOMEN (PG-13) (Stadium) (100 400) 700 930  
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (1215 145 245 415 515)  
645 745 915 1015  
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium) (200 440) 705 935  
DISASTER MOVIE (PG-13) (Stadium) (1240 300 545) 800 1010  
BABYLON AD (PG-13) (Stadium) (1210 230 450) 750 1015  
RW: TRAITOR (PG-13) (Stadium) (130 430) 720 1000  
RW: THE HOUSE BUNNY (PG-13) (Stadium) (1220 250 510) 740 1010  
DEATH RACE (R) - ID REQ'D (Stadium) 845 PM  
THE LONGSHOTS (PG) (Stadium) (150 410) 650 915  
STAR WARS: THE CLONE WARS (PG) (Stadium) (115 345) 620 900  
TROPIC THUNDER (R) - ID REQ'D (140 420) 710 950  
MAMMA MIA (PG-13) (Stadium) (110 350) 640 920  
THE DARK KNIGHT (PG-13) (Stadium) (1205 320) 630 940  
WALL-E (G) (Stadium) (1245 330) 615

## FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (100 400) 700  
945  
PROUD AMERICAN (PG) (115 425) 715 1010  
THE WOMEN (PG-13) (140 445) 730 1000  
RIGHTEOUS KILL (R) - ID REQ'D (105 230 405 500) 705 745 935 1015  
DISASTER MOVIE (PG-13) (1135) AM  
DEATH RACE (R) - ID REQ'D (145 430) 710 950  
PINEAPPLE EXPRESS (R) - ID REQ'D (138 413) 720 1000  
BOTTLE SHOCK (PG-13) (135 420) 655 930  
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (120 345) 645 920  
WALL-E (G) (110 350) 650

## MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale FIREPROOF (PG) ★  
Adv. Tix on Sale LAKEVIEW TERRACE (PG-13) ★  
Adv. Tix on Sale EAGLE EYE (PG-13) ★  
THE WOMEN (PG-13) (1250 400) 700 1000  
TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) (1115 100 200  
345 445) 630 730 915 1015  
RIGHTEOUS KILL (R) - ID REQ'D (1100 1200 145 230 415 500) 645  
745 930 1030  
BURN AFTER READING (R) - ID REQ'D (1130 145 430) 715 945  
BANGKOK DANGEROUS (R) - ID REQ'D (1230 300 550) 800  
TRAITOR (PG-13) (120 420) 720 1040  
DEATH RACE (R) - ID REQ'D (240) 925  
HOUSE BUNNY (PG-13) (1100 200 530) 800 1030  
STAR WARS: THE CLONE WARS (PG) (1205) 850 PM  
TROPIC THUNDER (R) - ID REQ'D (130 400) 700 950  
MAMMA MIA (PG-13) (1245 325) 605  
THE DARK KNIGHT (PG-13) (1150 315) 630 1000  
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1215 250) 600  
845

# Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

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for participation.

Call: 1-800-411-1222

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov

or for other studies: www.clinicaltrials.gov



National Institute of Mental Health NIMH  
National Institutes of Health, Department of Health & Human Services

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# Television



**SOOO MEATY!** "The Soup," on E!, is so popular that a sports-theme version will be joining the lineup of Comcast's Versus channel. "Sports Soup," hosted by comedian Matt Iseman, is "an irreverent look at the people who play and report on sports."

## The Roast of Martha Stewart

### The lifestyle guru is taken down several notches on Fine Living

**OUCH** | Sometimes failures inspire the most thought. I liked the idea of the series "Whatever, Martha!" (9 p.m., Fine Living Network) and looked forward to reviewing it. Be careful what you wish for.

The concept was clever. Take old clips from "Martha Stewart Living" shows and allow co-hosts Alexis Stewart (Martha's daughter) and friend Jennifer Koppelman-Hutt (daughter of the CEO of Stewart's media empire) to offer quips about the host's dated outfits, clipped delivery, obsessively planned tasks and tightly controlled presentation.

But it takes a minimal amount



**OLD-SCHOOL:** Stewart's do-it-yourself approach leaves her open for mockery.

of wit to offer funny commentary, and neither of these hosts is up to the task. They spend most of the time offering remarkably petty

observations about themselves, inside jokes that are neither funny nor insightful.

The contrast between "Whatever" and the "Martha" body of work also says a lot about the general direction of both television and pop culture. Love her or hate her, Martha Stewart encouraged her viewers and readers to think and create and put their own stamp on their homes.

To Alexis Stewart and her friend, all this self-improvement is a chore. Martha's mere mention of a simple long-division problem sends them into paroxysms of horror. (We girls. Math bad!) Koppelman-Hutt can't figure out why a folk artist would collect simple objects like twine instead of "Hello Kitty" stuff. Why create when you can just charge it? **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

### ON TV TONIGHT

#### GET THE MAN A STRESS BALL

Weeks after the bus accident and Amber's death, Wilson announces his resignation on the season premiere of **HOUSE** (8 p.m., Fox).

#### QUALITY DIETING TIME

The season premiere of **THE BIGGEST LOSER: FAMILIES** features group weight-loss (8 p.m., NBC).

#### THANKS, DAD

**LINCOLN HEIGHTS** (8 p.m., Family), the drama about a police officer who moves his family back to his dangerous neighborhood, enters its third season.

#### THEY GROW UP SO FAST!

The team looks into the curious case of newborns aging rapidly on **FRINGE** (9 p.m., Fox).

#### FRATTY UNDERBELLY

Rusty's investigation may have discovered too much about Kappa Tau on **GREEK** (9 p.m., Fox).

#### IT'S A BIRD, IT'S A PLANE ...

"Primetime" (10 p.m., ABC) presents



**THAT'S AMORE!** Philip and Amy try to slim down on "The Biggest Loser."

#### UFOS ... SEEING IS BELIEVING.

#### HARSH REALITY

Scheduled on **REAL SPORTS WITH BRYANT GUMBEL** (10 p.m., HBO): Michael Strahan and Jimmy Johnson; child labor in the soccer-ball business. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**



# COMING September 17th...

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Click on the **MARTINI Newsletter** prompt!





**SPACE TRAVEL:** The Package brings the rap revival sound of its disc "The Golden Age" to the H Street Festival this weekend.

# Throwback Comeback

## Inside the Package's effort to unwrap the sound of '90s hip-hop

**MUSIC** | In the early 1990s, Richard "Theory" Harris, Keeyon "Noyeek" the Grizzly Bear" Rapsberry and Anthony "Dimensions" Fields first

came together as part of a loose, nine-member collective called Infinite Loop. Consisting of MCs, DJs and producers, it was D.C.'s version of Wu-Tang Clan.

But by the time Infinite Loop splintered in 1995, Dimensions, Theory and Noyeek had begun working with each other and got the

name for their group from their first song together, "The Package."

Now, the Package is celebrating the release of a 20-track album, "New Golden Era," which brims with substantive cuts that address poseurs ("Windows to the Soul"), question the concept of street credibility ("Crud") and empathize with

**GET MORE** of this story, plus a festival lineup and music clips at [expressnightout.com](http://expressnightout.com)

the incarcerated ("Freedom").

"We need another best time in hip-hop," Noyeek says, alluding to the album title, which was inspired by rap's golden era of the '80s and '90s.

However, there is also a lighter side to the album, like the two uproarious "DJ Generik and Soopa Hype" skits that lampoon materialistic, derivative rap artists, or when Noyeek goes on a two-minute battle-rap blitzkrieg ("Outta My Sight").

Theory no longer raps, but in addition to taking on the singing duties on "New Golden Era," he produced all the tracks, too, featuring influences that stretch from country and rock to soul and classical music. His work adds to the jazzy, mid-'90s hip-hop aura that "New Golden Era" emanates. "It's more than what they played [then]; it's how they're played," says Theory. "It's the texture of the guitar. It's the way the kick drums sound on a James Brown record." DAYO AKINWANDE

→ *H Street Festival, between 12th and 14th streets NE; with Nu-Era, L/ssen and more; free, Sat., noon-6 p.m.; 202-543-0161, [Hstreet.org](http://Hstreet.org).*

## thescene



Tim Booth and '80s Brit-pop outfit James are at the 9:30 Club on Thursday.

### WEDNESDAY

**Bourbon and Boar Dinner:** Drink bourbon, eat pork. Jackson 20, 480 King St., Alexandria; 6:30 p.m., \$75; 703-842-2790.

**David Zirin:** The sports writer signs his new one, "People's History of Sports in the United States." Busboys and Poets, 2021 14th St. NW; 6:30 p.m., free; 202-387-7638. (U St.-Cardozo)

**Death Vessel:** Neo-traditional folksters. Black Cat, 1811 14th St. NW; 9 p.m., \$10; 202-667-4490. (U St.-Cardozo)

### THURSDAY

**James:** The '80s Brit-popsters reconvene. 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)

**Arlo Guthrie with the NSO Pops:** The "Alice's Restaurant" singer and a grandiose backing band. Kennedy Center, 2700 F St. NW; 8 p.m., \$20-\$65; 202-467-4600. (Foggy Bottom-GWU)

**Pete Francis:** The former singer of Dispatch goes it alone. Jammin' Java, 227 Maple Avenue E., Vienna; 7:30 p.m., \$12-\$15; 703-255-1566.

### FRIDAY

**Paul Mooney:** The hilarious, foul-mouthed comedian best known for his work on "Chappelle's Show" does stand-up. Constitution Hall, 1776 D St. NW; 8:30 p.m., \$40-\$75; 202-397-7328. (Farragut West)

**Ron Sexsmith:** A singer-songwriter of the sensitive variety. Jammin' Java, 227 Maple Avenue E., Vienna; 9:30 p.m., \$18; 703-255-1566.

**Explore** our searchable list of the area's events, venues, restaurants and movies at [expressnightout.com/thescene](http://expressnightout.com/thescene).

## topstops



## 2 Relive the Glory Days, Greece

You know what is no longer the beating heart of the world? Greece. So, the Greek Embassy has sponsored a reenactment of the trial of Socrates. They want us to remember how one of the greatest thinkers of all time was Greek, and, um, they executed him. F.Z.

→ *Shakespeare Theatre, 610 F St. NW; 7:30 p.m., \$35; 202-547-1122. (Gallery Place)*

## Invasion of the Afro-Scots

What does traditional Scottish music sound like when you blend it with Afrobeat elements? We know the answer to said question only thanks to **Old Blind Dogs**, the ambitious band that dared to combine such seemingly disparate brands of music. It turns out it's all very complementary — African drumbeats marry well with soothing vocals and bagpipes. Check out this progressive product of our globalized world tonight at the Birchmere. K.E.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$29; 703-573-7328.*



COURTESY OF OLD BLIND DOGS



GETTY IMAGES ENTERTAINMENT

## Her Own Muse

I first discovered Francine Prose through her book "The Lives of the Muses," which is about the women who inspired famous artists and the changing role of the muse in art. It's an important read for anyone interested in the way art is created and in the inherent misogyny that's permeated the creative world since, you know, day one. Now Prose has branched out to fiction with "Goldengrove," her new novel about a family grieving over the death of a daughter. She'll be reading at Politics & Prose tonight. F.Z.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

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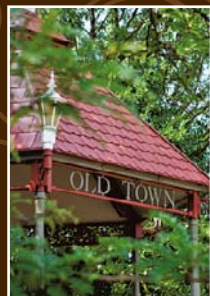
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# LOOK out

\*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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PHOTOS BY SETH WENIG/AP

## Food

### Cooks add new flavor and appeal to cuisine for observant Jews

This isn't your bubbe's matzoh ball soup.

Because when your grandmother learned the ins and outs of kosher cooking, spiking it with wasabi, drizzling it with toasted sesame oil or eating it alongside sushi was about as likely as serving it with a side of bacon.

Today, a new generation of cooks is redefining what it means to be kosher. And they're doing it thanks to an explosion of kosher ingredients and a food savvy almost unthinkable a generation ago.

"I'm so impressed by how on-the-mark and how with-the-times the kosher community is," says Susie Fishbein, author of the popular "Kosher by Design" cookbook series, which adheres to Judaism's strict dietary guidelines that call for avoiding pork and shellfish, and for separating meat and dairy.

**“For such a long time, we were so stuck in that genre of being in a deli — brisket, cabbage, that sort of thing.”**

SUSIE FISHBEIN, KOSHER COOK

"For such a long time, we were so stuck in that genre of being in a deli — brisket, cabbage, that sort of thing," she says. "Panko bread crumbs, pomegranate molasses and mango chutney are commonplace now in kosher supermarkets."

It's a hip new approach to a very old way of eating. For generations, kosher cooking in the U.S. had



**GOODBYE, GRANDMOTHERLY REP:** Cashew-encrusted sea bass, left, and sashimi, right, are among the foods that have been reinvented for those who eat kosher meals.

## Creative Kosher

a staid, grandmotherly reputation, sticking mostly with Eastern European comfort foods such as potato kugel, cheese blintzes and gefilte fish.

Today?

One can nosh mango-glazed halibut salad or turkey spring rolls at Spertus Cafe, Wolfgang Puck's kosher lunch spot in Chicago. Or stock up on homemade cheeses and organic produce at Pomegranate, a new Brooklyn grocer that's being dubbed the "kosher Whole Foods."

And cooks can be inspired by a growing stack of kosher cookbooks, including Ronnie Fein's aptly named "Hip Kosher."

"I don't know if I'm hip, but my food is," says Fein, whose book includes outside-the-box options such as a kosher Cubano sandwich, in which corned beef, turkey and soy cheese replace the more traditional ham and roasted pork.

Even sushi, once considered exotic and mostly off-limits, has been reinvented for the kosher-observant.

Last year's "Japanese Kosher Cooking" cookbook by Kinue Weinstein offers kosher adaptations of everything from sashimi to yakitori.

This new, more cosmopolitan look to kosher is due in part to the growing affluence and influence of American Jews, says Deborah Dash Moore, a historian and director of the University of Michigan's Frankel Center for Judaic Studies.

It also doesn't hurt that Ameri-

cans as a whole are expecting more from their dinner plates.

"With TV shows like 'Top Chef' and the programs on the Food Network, people are becoming more aware of food," says Tamara Holt, food editor for the recently launched (and also very hip) Jewish Living magazine.

"That's no different for people who keep kosher," she says. "It just presents additional challenges."



Pastrami-wrapped stuffed figs make a contemporary and upscale kosher snack.

And those challenges have become less daunting. A vast — and ever-expanding — array of kosher foods, including nondairy milk and vegetarian sausage, makes substitutions easy.

Fishbein wrote her first "Kosher by Design" cookbook, "Picture-Perfect Food for the Holidays and Every Day," in 2002 because "as someone who was Modern Orthodox and loves to entertain, I felt there wasn't a lot out there from the standpoint of beautifully photographed upscale type of [kosher] stuff you'd find in a restaurant."

Even Rachael Ray-inspired speed has come to kosher cooking. Last year, former HBO producer Jamie Geller published "Quick and Kosher," which features recipes that require fewer than 15 minutes to prepare. And Geller isn't alone in bringing new kosher cooking to the screen.

Jeff Nathan, a 50-year-old kosher chef who owns upscale Manhattan eatery Abigail's, stars in public television's "New Jewish Cuisine" cooking show.

His isn't a household name in the United States, where his show no longer is in production. But in Israel, where it airs twice a day, "I'm treated like Brad Pitt," he says with a laugh. JULIE WIENER (AP)

# LOOK<sup>\*</sup>out Online

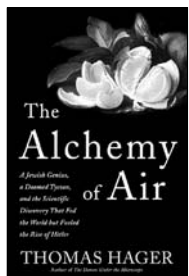
## express nightout

&gt;&gt;EXPRESSNIGHTOUT.COM

## MUSIC

### Soft Loud Louder

When talking to John Cummings, guitarist for Scottish instrumental rockers Mogwai, you expect him to start talking softly, then gradually get louder until he's finally SHOUTING AT YOU. But Cummings told Meg Zamula the band has mellowed with age. Mogwai plays at the 9:30 Club on Wednesday. | COMING UP



## BOOKS

### Heavier Than Air

How do you make a book about atmospheric nitrogen interesting? "Name a discovery that's keeping 2.5 billion people alive that has nothing to do with medicine," author Thomas Hager told Katherine Silkaitis. Hager will discuss "The Alchemy of Air" at Olsson's Dupont Circle on Tuesday. | COMING UP

## MUSIC

### Stax of Soul

Soul singer Eddie Floyd, 73, recently released his first album on Stax Records since 1974. Rudi Greenberg spoke to Floyd about "Eddie Loves You So" and his Sunday show at the 9:30 Club as part of the Stax 50th Anniversary tour with Booker T. and the MGs. | COMING UP



## comment board

**“Neither!** Both campaigns are equally disgusting and dishonest — and run their ads every 30 minutes to prove it.”

**COMMENTER REALLY\_ANNOYED**, WHO ADDED, “THE ONLY THING THEY TELL ME IS THAT BOTH WANT TO AVOID THE REAL ISSUES.”

**“I might have** said it was a tie, until the kindergarten sex ed ads started airing. Whew! What a gross misrepresentation.”

**COMMENTER MILDLYMISANTHROPIC**, WHO ADDED, “ROVE MUST BE LOOKING ON HIS DISCIPLE [STEVE] SCHMIDT WITH SUCH PRIDE.”



**“Obama is only** responding to the McCain camp lies about him. Obama has not lied about McCain. It should be against political campaign rules to blatantly lie about your opponent.”

**COMMENTERGIVEMEABREAK**, WHO ADDED, “WHOSE PRESIDENTIAL CAMPAIGN ADS HAVE BEEN LOOSER WITH THE TRUTH?”

## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WHOSE PRESIDENTIAL CAMPAIGN ADS HAVE BEEN LOOSER WITH THE TRUTH?

MCCAIN'S 70%

OBAMA'S 30%

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](http://EXPRESSNIGHTOUT.COM/POLLCENTER)

# Blog LOG

“Stop throwing your money away, they shout. Look at these 3-month-old strawberries!” “I bought this cheddar during the Clinton administration!”

**NUTGRAF.NET**, GETS A KICK OUT OF INFOMERCIALS, ADDING, “THE WORSE THE ECONOMY GETS, THE MORE STRIDENTLY THESE ADS PITCH FOOD STORAGE SYSTEMS TO SAVE YOU MONEY.”



“[It was] nice of her to not waste the taxpayers’ money on a drawn-out trial if she’s actually guilty, but ... she won’t get the book thrown at her.”

**BLOG.GEORGETOWNVOICE.COM** REACTS TO NEWS THAT HARRIETTE WALTERS, WHO ALLEGEDLY MASTERMINDED THE SCHEME THAT BILKED D.C. OUT OF \$48M IN TAX DOLLARS, WILL PLEAD GUILTY.



**“IF YOU’RE GOING** to push for unlimited freedom from regulation, then you have to take the bitter medicine when your plans go awry, instead of begging for a taxpayer bailout.”

**CENTERBLUE.ORG** DESCRIBES WHAT IT REFERS TO AS A “FULL-ON MELTDOWN” FOR WALL STREET, ADDING, “CONVERSELY, IF YOU WANT A TAXPAYER BAILOUT, [YOU] HAVE TO SUBMIT YOUR BUSINESS ... TO REASONABLE GOVERNMENT REGULATIONS.”

**“Just go somewhere else if you hate it so much. How do you justify glee when it means the latest disadvantage for a part of D.C. already overlooked and under-served?”**

**DISTRICTSCHMISTRICT.WORDPRESS.COM** IS SAD TO HEAR ABOUT THE PENDING CLOSURE OF THE UNION STATION 9 MOVIE THEATER COMPLEX, WHICH SOME PEOPLE SURMISE WAS FUELED BY COMPLAINTS ABOUT ITS OFTEN VOCAL ATTENDEES.

## Discussions

### Political Coverage

Author and CBS newsman **BOB SCHIEFFER** was online Monday to discuss the latest political news, his preparations for moderating one of this fall's presidential debates and his upcoming appearance at the 2008 National Book Festival on Sept. 27.



**As moderator, how do you plan to hold both candidates accountable for answers that include exaggerations, mis-statements or half-truths? It can't be easy, because then you run the risk of looking like you're being too hard on one candidate. Your thoughts?**

I don't believe anyone is totally objective, including me. But I think it is much easier to be fair than it is to be objective, and that's what I strive for. Fairness generally comes down to making sure that both sides in any issue get a chance to express their point of view. It's the job of the reporter to give both sides their chance, but we also have to make sure to get as close to the truth as we possibly can. When either side says something that we know is not correct, it's our job to correct it.

**It seems that interviewers seem to focus more on “gotcha” questions than on questions that might help the candidate elucidate his or her positions on items of real importance. I hope that when you moderate the debate you are able to avoid this pitfall.** You have my promise. I don't like gotcha questions either. I want the candidates to tell me exactly what

they mean, not what they didn't mean to say. I want to hear what they believe, and then I'll ask them questions about that and see if it stands up to scrutiny.

**Why do you think this election has been so close, even before Sarah Palin was factored in? Wouldn't it make sense that with the economic instability and Iraq war debacle that a Democratic presidential candidate would win by a landslide?**

Well, that's why we have elections. It suggests that John McCain may be more popular than the Republican Party. We had a very divisive Democratic primary, and I think that as much as anything had an impact on where this race is today.

**TODAY ON DISCUSSIONS:** Join us Tuesdays at noon for What's Cooking, our live online culinary hour with Kim O'Donnel. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).



# LOOK out

## People



George Takei is a beaming groom.

### JUST MARRIED Sulu Solo No Longer

**GEORGE TAKEI** and his longtime partner, Brad Altman, have agreed to live long and prosper together. Takei, 71, and Altman, 54, were married Sunday in a multicultural ceremony. The couple, who have been together for 21 years, wrote their own vows. (AP)

### CAREERS Novelist, Former Spy Tells Truth — Maybe



British espionage writer **JOHN LE CARRE** admits he was tempted to defect to the Soviet Union when he worked for British intelligence agency MI6, according to an interview published Sunday in the Times. (AP)



### ENGAGED

## Punk's 'Dreamgirl'

**JENNIFER HUDSON** got a big surprise on her 27th birthday: an engagement ring. Beau David Otunga popped the question on Friday. Hudson won an Oscar in 2007 for her role in "Dreamgirls." The "American Idol" alumna will release her debut solo album Sept. 30. Otunga appeared as a contestant nicknamed "Punk" on the VH1 reality dating show "I Love New York 2." (AP)

### WINGS Prince to Continue His Flight Training

Britain's **PRINCE WILLIAM** will become a full-time search-and-rescue pilot in the Royal Air Force, royal officials said Monday. William, 26, learned to fly earlier this year during a stint with the air force. He begins an 18-month training program Jan.



William pursues a bird's-eye view of his kingdom.

6. "The time I spent with the RAF earlier this year made me realize how much I love flying," said the second in line to the English throne. William would continue to carry out royal duties and charity work, confirmed the prince's Clarence House office. (AP)

### COOPERATION Blanchett, Hoffman to Debate Spelling of 'Theatre'

Oscar winners **CATE BLANCHETT** and **PHILIP SEYMOUR HOFFMAN** are backing a project to promote collaboration among theater companies in London, New York and Sydney, Australia. The first play to get the collab-



orative treatment is "Riflemind," a play by Blanchett's husband about an aging rock band's reunion, which opens Thursday evening under Hoffman's direction in London. (AP)

### PHILANTHROPY Jolie-Pitt Foundation Gives \$2 Million to Ethiopia

**ANGELINA JOLIE** and **BRAD PITT** have donated \$2 million to help fight HIV/AIDS and tuberculosis in Ethiopia, the country where their 3-year-old daughter Zahara was born. The organization will use the money to build a center in Addis Ababa to treat tuberculosis. (AP)

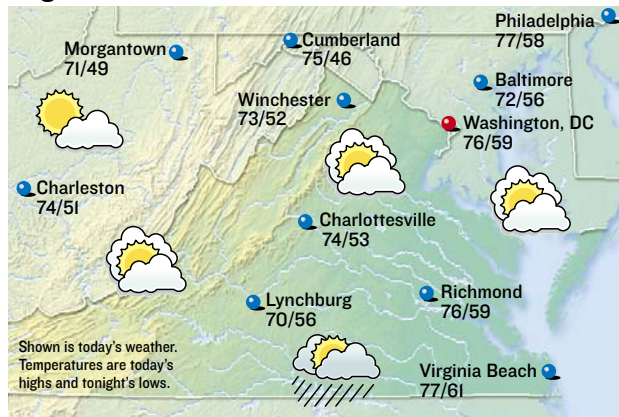


Angelina tolerates Brad's facial hair.

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Partly cloudy	Partly sunny	Partly sunny	Sunny, nice	Mostly sunny, pleasant
76°	59°	78° / 63°	77° / 61°	73° / 59°	77° / 60°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	85°
Low	80°
Normal high	80°
Normal low	62°
Average humidity	43%

#### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	4.11"
Normal month to date	1.90"
Year to date	37.66"
Last year to date	21.64"
Normal year to date	28.27"

For up-to-the-minute weather, see:  
[washingtontimes.com/weather](http://washingtontimes.com/weather)

### Regional Forecast

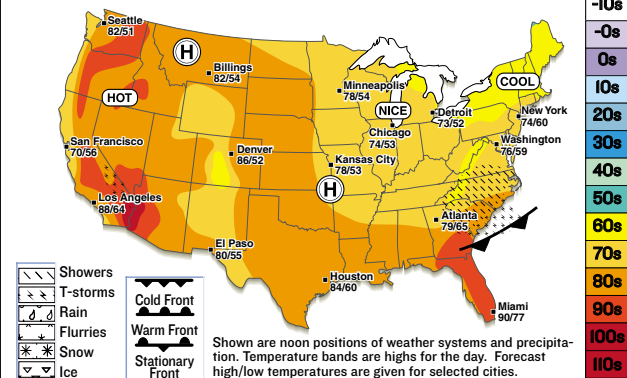
**D.C. Metro:** Today, partly sunny, cooler. High 76. Wind north 4-8 mph. Tonight, partly cloudy. Low 59. Wind light, variable. Wednesday, partly sunny.

### Sun and Moon

Sunrise today	6:51 a.m.
Sunset tonight	7:14 p.m.
Moonrise today	7:40 p.m.
Moonset today	8:11 a.m.

Last	New	First	Full
Sept 22	Sept 29	Oct 7	Oct 14

### National Weather for Tuesday, September 16



### National Cities

City	Today	Wed.
Atlanta	79/65/pc	79/65/pc
Boston	68/55/s	76/56/s
Chicago	74/53/s	73/53/s
Dallas	82/60/s	84/62/s
Denver	86/52/s	87/50/s
Honolulu	88/75/s	89/75/s
Los Angeles	88/64/s	84/62/pc
Miami	90/77/pc	89/77/pc
New York City	74/60/pc	77/63/pc
Orlando	90/74/pc	89/73/pc
Seattle	82/51/s	76/53/pc

### World Cities

City	Today	Wed.
Amsterdam	62/46/pc	62/48/c
Athens	83/66/s	82/61/pc
Berlin	60/41/pc	57/43/pc
Buenos Aires	66/46/s	68/51/s
Calgary	72/44/s	77/49/s
Dublin	58/53/c	59/50/pc
Geneva	61/39/s	68/47/pc
Moscow	51/36/pc	52/37/pc
Rome	75/62/pc	77/62/s
Sydney	62/48/s	60/49/pc
Tokyo	79/70/sh	77/69/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

# LOOK out

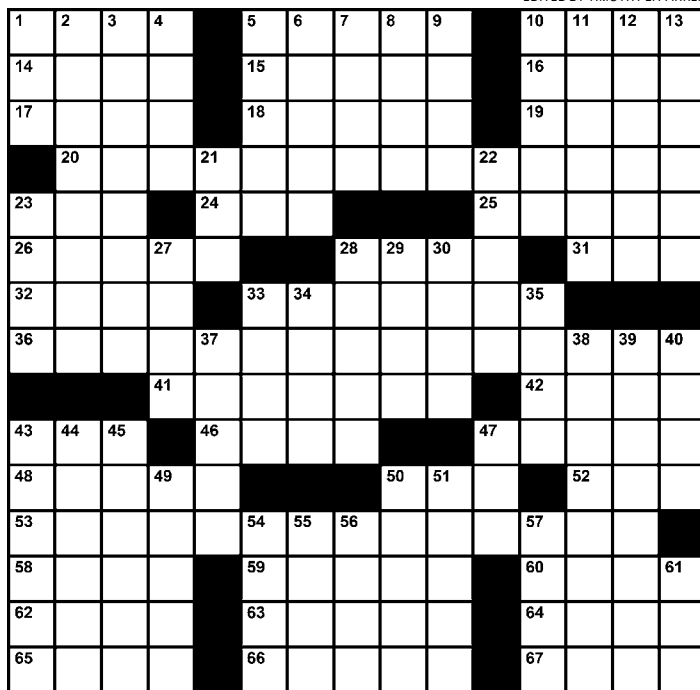
## CROSSWORD | TEMPORARY SANITY

### ACROSS

- 1 Italian wine city  
5 In \_\_\_ way (in danger)  
10 Boot camp NCOs  
14 Epitomes of busyness  
15 College application part  
16 Trapped like \_\_\_  
17 How the Amazon flows  
18 Cushioned piece of furniture  
19 Knights of \_\_\_  
20 Temporary fix  
23 Variety of lettuce  
24 Word to end a fight  
25 One keeping one's own company  
26 Maria's friend in "West Side Story"  
28 Start to care?  
31 ADA member  
32 Backing strip  
33 Tiny organism  
36 Quick look  
41 White lap dog  
42 It has eight phases  
43 Latin lover's verb  
46 Leafy green vegetable  
47 Manhattan Project physicist  
48 Fine grade of black tea  
50 Cassettes' successors  
52 Bill's excellent sidekick  
53 Silly idea, perhaps  
58 Gray's subj.  
59 Bulb in the kitchen?

### DOWN

- 1 Vigoda of sitcoms  
2 At some times of the year  
3 Bikini atoll, in 1946  
4 Colon, in analogies  
5 Inflation protection  
6 Word with "American"  
7 Letters to answer?  
8 Respectful address  
9 Word sung as the year changes  
10 Permission  
11 Punish, in a way  
12 Prepared for feathering  
13 Bull market necessities?  
21 School open-house organizer  
22 It eliminates suspects  
23 Delivery in the field  
27 The other side  
28 Fibber of old radio  
29 Minuscule units of work  
30 Administer in small portions (with "out")  
33 Urin novel "\_\_\_ 18"  
34 Pt. of IBM

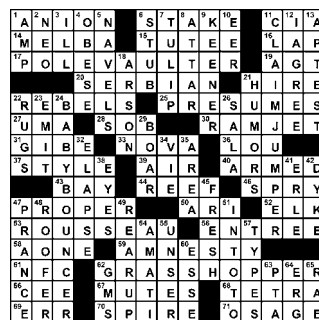


EDITED BY TIMOTHY E. PARKER

- 35 Noted plus-sized model  
37 George of "Star Trek"  
38 It provides an ocean view  
39 When procrastinators get around to it  
40 Geraint's beloved  
43 Horrify  
44 Blue character in "Yellow Submarine"  
45 Figure skater Baiul  
47 Seminoles' sch.

- 49 Blender brand  
50 Taking out the trash, for one  
51 Fund contributor  
54 Alaskan seaport  
55 Wildebeests  
56 Windows application?  
57 Sheepskin receiver, briefly  
61 Whipper-snapper

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

7	9	5	2	3	4	8	1	6
8	3	6	1	7	9	2	4	5
1	4	2	5	8	6	7	3	9
4	1	9	7	5	3	6	2	8
5	7	3	8	6	2	1	9	4
6	2	8	4	9	1	3	5	7
3	6	7	9	2	5	4	8	1
2	5	1	6	4	8	9	7	3
9	8	4	3	1	7	5	6	2

			7	1			2	
	6						1	7
			6	4	8	3		
	2	5						
			5		3			
						4	3	
		6	8	7	5			
	1	7						4
	3			9	1			

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## The Winner for Most Annoying Friend Is ...

**Q** I have a friend who is always so competitive with me. It is never on the up-and-up, but under the surface. When she likes an outfit, she has to find out how much I paid so she can decide whether I got a deal. She is always asking me questions about my boyfriends so she can decide whether she should be jealous. Don't even get me started about college and work. She has a "plan" about where she wants to be by the time she's 30 and she talks about it all the time. Is there any way this friendship can be saved?

— TIRED OF THIS

I don't know. Is there any way that ant-covered Twix on the sidewalk is edible?

Sorry — I'm just a bit incredulous that you're asking whether the friendship can be saved rather than whether that's something



"Last one out is a rotten egg!"

ERIC REECE

you'd want to do. You don't give any indication that this is a recent change — if it were, I'd wonder about newfound anxieties, emotional problems or financial difficulties for your friend. Instead, it seems like you might be dealing with someone whose outlook on life consists of figuring out whose head would make the best step stool. She might simply be incapable of

being a true friend, at least at this point in her life.

There's also the possibility that you two have some sort of one-upping dyad going in which you are egging her on, unconsciously or consciously. Sometimes certain people bring out the worst in us, in which case some self-exploration might be necessary. I'd order it with a side of cost-benefit analysis; the positives

of this relationship remain mysterious to me.

## When New 'Dad' Is Gross

**Q** I just took a cruise with my soon-to-be in-laws so they could get to know me better (we had met only once before this). I found my boyfriend's father (I do not like the word "fiance") to be very creepy. He didn't do anything totally out of line, but he just always seemed to be gawking at women by the pool, making digs at my boyfriend's mother and just generally being obnoxious in how he treated waitresses and comments he made. My boyfriend had always warned me that his dad is a "character," but I really wanted to never see him again by the end of the cruise. — SKEEVED OUT

Wow — and I thought all icky cruise stories involved the norovirus!

Let's assume that you and your soon-to-be-husband (OK, I won't use the French, either) are going to be blessed with long lives together. You'll face many challenges over that time — navigating finances,

meshing your emotional lives, choosing whether to merge toothpastes — and the earlier you can learn to communicate respectfully, honestly and patiently, the happier your marriage will be.

**“She might simply be incapable of being a true friend.”**

Very few families come totally free from (How should I put this?) social fungus. And if they did, I'd be out of a job. Certainly, speak up when you find your boyfriend's father saying something out-and-out degrading. But in the interest of for better or for worse, some of the more general obnoxiousness — assuming that his parents won't be living next door to you — might need to be swallowed.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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### TUNNEL VISIONARY

Wrist braces make aching arms feel better after a long day at the laptop. Wellgate's iBracelet (\$10, Target) does, too, and it looks like it comes from Paris, not Orthopedics "R" Us. Squishy rubber "pearls" relieve carpal tunnel symptoms without calling undue, unfashionable attention to your forearm.



### 'NUT WORTHY

Soy and rice have attempted to transform into ice cream and failed. Behold Coconut Bliss (Coconutbliss.com, \$8 per pint), a vegan, low-glycemic dessert that lives up to its name. "Naked Coconut" is refreshing, "Chocolate Hazelnut Fudge" is addictive.



### BOWELED OVER

There's no excuse not to schedule a colonoscopy, especially if you're over 50. But between procedures, it couldn't hurt to use the at-home test Colon Health Check (\$35, Colonhealthcheck.com). It takes just minutes to detect blood in the stool — always a bad sign.



### THE EAT BEAT

Chicken McNuggets win a McDonald's matchup in "Eat This, Not That! For Kids" (\$20, Rodale) by David Zincenko. The loser? Those "Premium Breast Strips" — the breeding shoots up their calorie count. Find out the other stars of fast food and vending machines.

## GUINEA PIG



### Morning Glory

■ Coffee does not a breakfast make — even if it is a cup of fancy Starbucks coffee one loaded with all sorts of caloric junk. In order to help customers last until lunch, the ubiquitous coffeehouse has starting slinging a healthy breakfast menu.

We were most intrigued by their "Perfect Oatmeal" (\$2.45). The concept is you customize your cup with a selection of toppings (you get all three: a 50-calorie bag of brown sugar, a 100-calorie bag of dried fruit and a 100-calorie bag of nuts). The result isn't much different from a packet of Quaker's instant oatmeal nuked in the office microwave, but it's as piping hot as promised and sticks with you longer than the sugar spike of a chocolate chip muffin.

The Berry Stella (\$1.75), however, is a fallen star. Whole grains and berries are admirable ingredients, but when your on-the-go bite turns into a crumbly mess, those omega-3's end up on your shirt, not in your gut.

And it's hard to believe any on-the-go meal could top the spinach-feta wrap (\$3.25), which earned the rave, "not quite as good as a San Antonio breakfast burrito but pretty close."

We'll savor those 240 calories any day.

VICKY HALLETT (EXPRESS)



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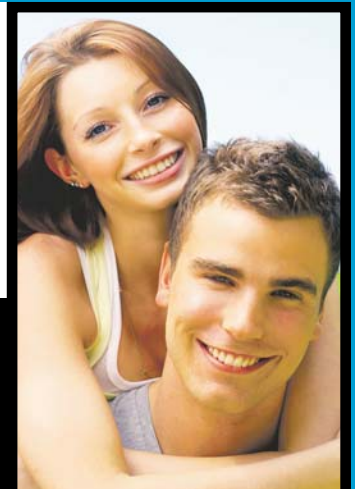
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## THE MISFITS

**I've been running pretty regularly for about six months. Last week, I learned I am pregnant. From what I've read, it appears to be safe to continue running, but I don't want to take any chances. Your thoughts?**

Plenty of women run during their pregnancies, especially early on. Your main concern should be doing anything that might lead you to fall over — that could be bad news. But I'd see your doctor before too long to get her/his opinion.

**I sometimes spend half an hour working out on a low setting on my elliptical machine. I love working up a sweat, but I've heard it's a "useless" exercise. Is that true?**  
Bottom line: Nothing is useless. If you are moving, you are helping yourself. Will your half-hour of light elliptical put you in optimum shape? No. Will it build muscle or have the kind of benefit that higher-impact exercises provide for your bones? No. But will it bring you some pretty substantial benefits in terms of disease prevention and general health? Absolutely. The relevant question: What's your goal?

**I am training for a metric century bike ride in early October. So far, the training is going well. I have had one issue, though: My wrists tend to hurt a bit during rides of this length. Any thoughts on how to alleviate this?**

I have a similar "numb thumb" problem. I just fight it by taking one hand off the bars periodically and shaking it out. My off-the-cuff suggestion would be to move around on the bars a lot. Use the drops to change the angle of your hands. Maybe consider the aero bars that triathletes use. You also might want to try to some wrist exercises — get a small weight and roll your wrists up and down and rotate them in circles. Hold your hand to your chest and twist the wrist in and out and push the hand gently toward the elbow (palm up and palm down).



The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline). Catch up on upcoming events, scientific studies and gymgoers' pet peeves.



GETTY IMAGES

## An End to Car Trouble

Leave your auto addiction parked next Monday for Car Free Day

Metal boxes on wheels can have certain charms — like an all-leather interior or a witty license plate — but next Monday, try to break your automobile addiction for the worldwide observation of Car Free Day. This year, for the first time, the whole D.C. region is joining forces to keep gas guzzling to a minimum ([Carfreemetrodc.com](http://Carfreemetrodc.com)).

"We want to encourage people to walk our city and think about trying other forms of transportation," says D.C. Council member Tommy Wells, a main proponent of the event. That means hoofing it,

biking, taking Metrorail or Metrobus, or even telecommuting. All of these options require less or no gas, which translates into less pollution, which makes for healthier air quality for those who get around without an engine. And that, in turn, can encourage calorie burn.

After all, Washington may be the most walkable city in the nation — according to a recent report released by the Brookings Institution — but it's also home to the highest child obesity rate in the country.

As inspiration, a midday festival (Seventh and F streets NW, 11 a.m.-3 p.m.) will celebrate carlessness with live music, bike valet parking, bike mechanic services, Segway demos, SmartBike discounts and giveaways. Anyone can hop onto a Circulator bus for free, and federal employees can ditch the haul into town alto-

gether with a free one-day trial at the 14 area GSA Telework centers.

After work, those looking for evening excitement can register for one of the Washington Area Bicyclist Association's "Confident City Cycling" classes (4-6:30 p.m.), or join WalkArlington for a Walk-About in Clarendon. Part tour, part exercise, the idea is to showcase how two feet can be a legitimate alternative to four wheels, explains WalkArlington's Lauren Hassel.

"We can get out, get fit and build community," Hassel says. "You don't need any equipment; it's good for all ages. It's gentle on the joints. And walking is one of the few active things you can do on a full stomach, so it fits into your schedule."

The key to weakening the area's car culture is education, says Bobbi Greenberg, marketing director of

Arlington County Commuter Services. "We have to show them it's easy," she says. "Arlington has a lot of people who are walking and biking already. They're our evangelicals saying, 'Yes, this can be done.'"

Skeptics will also be courted the next two weekends, starting with WalkingTown DC (Sept. 20 and 21, [Culturaltourismdc.org](http://Culturaltourismdc.org)), followed by Bike DC (Sept. 27, [Bikedc.net](http://Bikedc.net)). "The idea is you get to be a tourist in your own hometown," says Cultural Tourism's Reshma Sinanan of the 86 tours offered as part of WalkingTown.

Some of the offerings are fairly strenuous (the National Arbore-

**Walking is one of the few active things you can do on a full stomach."**

tum hike is five miles), but most are accessible ambles that underline opportunities for trekking around town. The WalkingTown DC tours explore not just streets, but also parks, gardens and cemeteries, and take walkers by neighborhood gems. "Hillcrest is a lovely tour, and most people don't think about Southeast as hilly and green," Sinanan says.

Eight of these tours are actually on bike, including the new Civil War Forts Tour (which, at 12 miles, is one of the longest rides). By next year, expect that number to almost double.

That's because cycling continues to thrive in D.C., which Bicycling Magazine declared America's most improved cycling city. As if to prove it, enter the new and improved Bike DC, which has been on hiatus since 2004. The 17-mile course of closed-off roads (with a few built-in shortcuts) will take riders of all ages and abilities all over the city.

Event director Rick Beauman has participated in similar events in New York City, Montreal and Portland, Ore., and says those cities are bound to get jealous of this community event. "It's fun to ride though Central Park, but that doesn't compare to riding by the White House," he boasts.

It's a monumental step to making every day a car-free day.

VICKY HALLETT (EXPRESS)



## Get Tight to Feel Right

Body-hugging workout wear can boost your speed and recovery

Would you believe your next workout might be your best yet — but only if you wear the right outfit? We don't mean matching your tank top to your running shoes. We're talking about compression garments. They're made of tightly woven Lycra and polyester fabric, every square inch of it strategically engineered to compress certain muscles more than others to help you perform and recover as efficiently as possible. We dug into the science to find out how these boa-like duds work.

### More Energy

A 2006 French study found that during 15 minutes of running at 80 percent of their maximum effort, participants wearing compression tights used 26 percent less energy. "Less muscle movement means less fatigue," explains Lt. Col. Brandon Doan of the Air Force Academy's Human Performance Lab in Colorado Springs, Colo.

→ Wear this: CW-X PerformX tights (\$75, Cw-x.com) offer a boost during endurance events or lower-body strength training.

### Less Bench Time

Another study found that the compression-clad athletes warmed up their muscles faster than those in traditional gear.

→ Wear this: Because they squeeze and support the lower back, compression shirts, like Skins long-sleeve top (\$100, Skins.net), can ease back grief.

### Faster Recovery

A 2006 study of runners who wore compression socks, published in the International Journal of Sports Medicine, found that blood circulated to the athletes' muscles more quickly than when they didn't wear the socks. Blood that circulates faster brings oxygen to the muscles faster.

→ Wear this: After a long run, pull on Smartwool's StandUp Socks (\$22, Smartwool.com) for a faster, less painful recovery. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## TRAIL BLAZER

### Finally, D.C. Has Right Criterium

■ Somewhere between the launch of the nation's first bike-sharing program (Smartbikedc.com) and our span-dex-sporting mayor's falling off his Cannondale while training with the D.C. Velo team, it happened: D.C. became a glorious 'n' gritty cycling city.

D.C. Velo President Mark Sommers knows this but admits "there hasn't been a big cycling event in the center of D.C. for many years." That changes on Sunday. As race director for the Capital Criterium, he's invited professional racers to up D.C.'s street cred. At 11:30 a.m., superstars including Tour de France

veteran Christian Vande Velde will loop 85 times around a 1k course that starts at Pennsylvania Avenue and runs between 10th and 13th streets. With \$50,000 in prizes up for grabs, Sommers expects a fast and furious race. "It's a course where you'll find your lungs in the back of your throat pretty quickly."

Prior to the pro event there will be kids races (the first 300 wheeling whippersnappers score free helmets and jerseys) and events for men's licensed category one, two and three riders (See Capitalcriterium.com for times an entry info). Sorry, newbies, but those without USA Cycling licenses are stuck on the sidewalk. But that doesn't mean one can't start thinking ahead to next year's action.

The first step is simple: Apply for a license (Usacycling.org, \$60). All newly registered men start out as category five (for women, it's four). The more one races and places, the more points one accrues toward moving up a category. Next, link up with some local training rides. Sommers suggests getting on the Mid-Atlantic Bicycle Racing Association listserv (Mabra.org) to keep up with online chatter about rides. "There's also a wonderful ride for people to start on at 8:30 on Sunday mornings out of the Bicycle Place in Silver Spring," he adds.

Intimidated? Try a private lesson. When CycleLife (Cyclifeusa.com, 3255 K St. NW) opens in mid-October, individual training sessions will be one service on offer at the 12,000-square-foot Georgetown facility. Smoothies whipped up at their in-house cafe are another. Sweet. KRIS CORONADO (EXPRESS)



Christian Vande Velde is one of the cycling stars set to race on Sunday.

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Maybe you can guess which one is Swamiji. He has a penchant for orange robes.

## Come in Peace

### Yoga in Daily Life founder promotes tolerance with his spiritual practice

Musicians aren't the only ones who go on tour. Thickly bearded Paramhans Swami Maheshwarananda — also known as Swamiji — swung by the D.C. area this past weekend as part of his Spiritual Awakening for World Peace Tour. But then Swamiji is something of a rock star in the yoga world.

His system, Yoga in Daily Life, is practiced in 30 countries, his books are published in 11 languages, and his teachings are celebrated every year at a global conference. The message is simple: "Inner peace for world peace." As he explains it, "When I practice yoga, I feel myself relaxed and calm. I close my eyes and meditate and feel love for all. I think, 'Why do we have fighting?'"

The very name indicates this is a realization Swamiji expects his disciples to experience constantly.

But it's not just a matter of setting aside time for physical postures; it's about taking these ideas into the world. "You get on the bus and it's crowded and everyone is smelling different. Then you think, 'Thanks to God I don't need to be on this bus forever,'" he explains.

As one might expect from a man whose mission is tolerance, Swamiji understands not everyone will be drawn to his method. ("Some think it's too slow," he admits.) But he urges everyone to find a form of yoga that works for them. "They will say, 'Thank you, Swamiji. It is so great,'" he promises. And that, in turn, Swamiji says, will lead to being a better person in a better family and a better society.

Intrigued by Yoga in Daily Life? One of his three U.S. centers is located in Alexandria (2402 Mt. Vernon Ave.; 703-299-8946; [Yogaindailylifeus.org](http://Yogaindailylifeus.org)). There are offerings seven days a week — three levels of yoga (and a kids class) and two meditation classes. Fall sessions start Sept. 22. New students are welcome to take a free trial class that week. VICKY HALLETT (EXPRESS)



### WHAT'S THE DEAL?

■ If the warm glow from knowing you're shaping young people's minds isn't enough gratification for you, how about some free personal training? In response to cut-backs in physical education in schools, Gold's Gym is offering teachers a fitness assessment, an hour-long workout with a trainer and a workout program to take home — all gratis. The program is open to teachers in the District, Maryland and Virginia. Call your local club for more details. v.h.

# It's the Wrapping That Counts

Tortillas can be a healthier choice than bread if you use the right kinds

Tortillas may date back to the Aztecs in Mexico, but today's wraps are a modern-day nutritional miracle. Whether you use them to make sandwiches or soft tacos, they are a delicious, convenient source of whole grains and can even help you cut back on carbs and lose weight. New varieties made of whole wheat, mixed grains, spelt, teff (an Ethiopian whole grain) and hemp are hitting shelves, and sales in the United States are increasing 17 percent per year, making tortillas one of the fastest-growing products on the market.

But are these products healthier than bread and a good choice for dieters? They can be. As with most packaged foods, some wraps are incredibly wholesome, while others are made with ingredients on the nutritionist's "avoid list," such as artificial colors, preservatives, and partially hydrogenated oils. Here are a few surprising facts to help you avoid common pitfalls and buy the healthiest kinds.

**FACT:** Corn tortillas count as a whole grain. They're made with whole corn, a powerhouse member of the whole-grain family. A study found that cooked sweet corn has almost twice the antioxidant activity of apples. And they're quick calorie



cutters. Opt for two 6-inch soft yellow corn tortillas instead of the same size flour versions and you'll save about 70 calories.

**BUYING TIP:** White and yellow corn wraps are both great choices. To avoid unwanted additives, scan the ingredient list. Ideally, only three words should appear: stone-ground corn, water and lime.

**FACT:** One wrap may equal two servings of grains. It's logical to assume that one plate-size wrap equals one serving of grains, but in most cases,

it's the equivalent of two servings. That's OK. Since the average women needs five to six servings of grains per day, "spending" two at lunch or dinner is fine — as long as you don't eat another starchy side. Have a lightly dressed garden salad or grape tomatoes instead.

**BUYING TIP:** Two 6-inch tortillas of any kind generally provide about the same amount of calories and carbs as just one large wrap. This means you can eat two small tacos for the same number of calories as one large wrap. Plus, mini-servings seem like

more food, without the extra calorie baggage. And they're not just for tacos. Fill them with canned wild salmon, chickpeas or lean deli meat and veggies as an alternative to sandwich bread or pitas.

**FACT:** Whole-wheat wraps have many healthy cousins. Great choices include multi-grain (mixtures of whole wheat, rye, barley and oats) and brown rice tortillas. The nutrients and antioxidants in each type of whole grain offer different benefits. For example, corn is rich in

## → QUICK SNACK

### Try a Taco

Corn's versatile flavor blends perfectly with both sweet and savory ingredients. So, don't forget you can fill soft corn tortillas with fresh fruit.

#### INGREDIENTS

- 2 soft corn tortillas (6" diameter)
- 2 TBSP natural peanut butter
- 1 CUP mixed berries or chopped fruit such as kiwifruit, pineapple, banana and mango
- 1 TBSP shredded coconut

**WARM TORTILLAS** in microwave 10 seconds. Spread each with 1 tablespoon of the peanut butter. Fill each with half of the fruit and sprinkle evenly with coconut. c.s.

**#** 215 calories, 2 g protein, 16 g carbs, 3 g fat, 10 mg cholesterol, 160 mg sodium, 1 g fiber

lutein and zeaxanthin, known to protect vision, while polyphenols in brown rice may have promising anti-cancer properties.

**BUYING TIP:** Experiment with new varieties each week.

**FACT:** Spinach or veggie wraps don't count as vegetables. In one popular brand, spinach powder is included only as a scant seasoning ingredient.

**BUYING TIP:** Skip wraps named after vegetables (they're not "vegetable wraps"). Stick with whole-grain options and load them up with the real thing — spinach, lettuce or any other veggie you enjoy. CYNTHIA SASS (REPRINTED WITH PERMISSION OF PREVENTION MAGAZINE © RODALE INC.)

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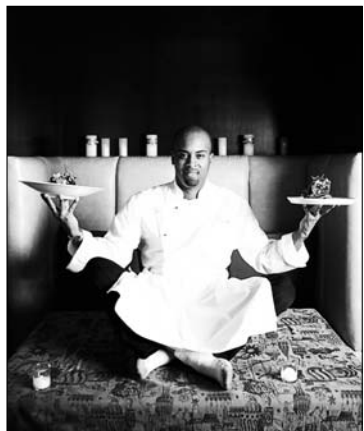
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## Fresh Festivities

■ Just as a friend doesn't let a friend walk out of the bathroom with a wad of toilet paper stuck to her shoe or leave for a date with spinach in her teeth, a friend shouldn't give a friend license to eat unhealthy junk. Yeah, we're talking to you, party planner with a penchant for potato chips and buffalo wings.

Fortunately, it's not hard to create a menu for your next bash that makes your guests' health a priority. Just ask Tim Jones, executive chef of the OZ, a Zen-theme restaurant that focuses on calorie-conscious cuisine in the Doubletree Hotel Bethesda (8120 Wisconsin Ave.; 301-652-2000; Ozbethesda.com). "Use the best possible ingredients with just a little bit of fanfare," advises Jones, who is teaching a class on healthy entertaining at the OZ on Sept. 20. For instance, he says, an easy dish might be grilled heirloom tomatoes; add a brush of olive oil and sea salt to enhance their flavor. Browse local farmers markets to find inspiration from produce in its prime. Squash, potatoes, kale, eggplants, apples and heirloom tomatoes are all at their best this month, Jones says.

After you've stocked up on locally grown eats, Jones recommends firing up your grill. Grilling is "very healthy for you because there's very little fat involved," he says. Plus, it's not too time-consuming, which will free you up to mix with your guests.

And once you're making the rounds, should you tell your guests that they're in for some good-for-you grub? No way, Jones says. "It should just be something that you know and they wonder, 'Why does it taste so fresh and different?'" It's your own little secret."

KATIE ABERBACH (EXPRESS)



GETTY IMAGES

# Show Me the Honey

## Getting caught in a sticky situation may be beneficial for your health

Unlike nutrient-void sugar and chemical-spiked artificial sweeteners, honey does your body good while it takes the edge off your tea. For starters, the antioxidant-rich elixir protects your heart, and

despite packing more calories than sugar (21 per teaspoon versus 16), it's unlikely to expand your waistline: A recent study found that overweight or obese patients who received a 2.5-ounce dose of honey every day for a month lowered both their total and their LDL cholesterol, while maintaining or even losing weight. And preliminary research says honey may improve memory and reduce anxiety.

Need a pre-workout snack? The

liquid gold may also boost athletic performance. Experts have yet to pinpoint how much of the bee by-product will bring the most benefits, but Nicola Starkey, a senior lecturer at the University of Waikato in New Zealand, recommends using honey anytime you would normally go for sugar or corn syrup-based sweeteners like fake maple syrup.

We had honey goo-ru Ted Denard, owner of the Savannah Bee Company, guide us through the

## SWEET SOLUTION

→ Reports have found that ingredients in cough medicines can be dangerous for kids and ineffective in adults. A better remedy may be in your pantry. When researchers from Penn State College of Medicine gave 105 children with coughs either 1 to 2 teaspoons of buckwheat honey, a dose of dextromethorphan-based cough medicine or nothing before bed, those taking honey coughed less and slept more soundly. Honey coats the throat to soothe irritation and is rich in infection-fighting antioxidants. It also spurs saliva production, which can help thin out mucus. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

sticky business of honey pairing.

**EAT THIS:** Honeycomb

**ON THAT:** Apples or cheese

This block of hexagonal cells is the purest form of honey. Pair it with apples, or use it in place of grapes on a cheese plate. (Savannah Bee Company raw honeycomb round, \$19 for 9 oz., Savannahbee.com)

**EAT THIS:** Creamed honey

**ON THAT:** English muffins and scones

When honey crystallizes, it morphs from syrupy to buttery, making it the perfect spread for all those nooks and crannies. (Honey Acres natural spread, \$5 for 8 oz., Honeyacres.com)

**EAT THIS:** Varietal honey

**ON THAT:** Pancakes

Honey's flavor hinges on the flowers the bees have been swiping nectar from. Clover honey has a light flavor, while buckwheat is more savory. Try a few kinds — there are more than 300. We love blueberry honey in place of syrup on a short stack. (Maine blueberry honey, American Honey Collection, \$12 for 10.5 oz., Bee-raw.com)

**EAT THIS:** Raw honey

**ON THAT:** Sweet potatoes, butternut squash, acorn squash

You'll wonder why you ever smothered them in marshmallows and brown sugar. (Wisconsin Natural Acres all-natural honey, \$16 for 11.2 oz., Wnacres.com) (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

## → EATING IN

## Mashed Sweet Potatoes

Unlike most other canned vegetables, which suffer significant nutrient loss during processing, canned sweet potatoes are just as nutritious as fresh ones.

### INGREDIENTS

- **ONE** 2-pound, 8-ounce can sweet potatoes (usually called yams) in syrup, drained
- **2 TBSP** honey
- **1/2 TSP** teaspoon salt
- **1/4 TSP** cinnamon



LARRY CROWE/AP

- **1/4 TSP** nutmeg
- **1 CUP** chunky applesauce

**15 MINUTES, SERVES 6**

**IN A LARGE** microwave-safe bowl, mash the sweet potatoes with a potato masher or fork. Stir in the honey, salt, cinnamon and nutmeg. Stir in the applesauce

Cover the bowl, then microwave on high for three to five minutes, or until hot, stirring once midway through. (AP)

**# 97 calories, 2 g protein, 16 g carbs, 3 g fat, 10 mg cholesterol, 160 mg sodium, 1 g fiber**

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# Pointers for Blade Aid

A close-up photograph of a man with dark hair and brown eyes, looking upwards and to the right. He is shaving his face with a blue and silver Gillette razor. White shaving foam is applied to his cheek and chin. His left hand is visible, with fingers spread, near his chin. The background is a solid light blue.

A 2007 study in the *Journal of Materials Science* revealed that moistened hairs require 30 percent less blade force to cut than dry ones do. Minutes matter here: Stubble (and the skin beneath it) needs at least three to four minutes to absorb moisture. Less pressure means less pulling, which can reduce agitation of the hair follicle and create a cleaner cut along the middle of the hair. That translates to fewer ingrown hairs.

A pre-shave oil does more than just help the blade glide across the skin. The lube helps plump up dead skin cells with moisture, pushing them away from the face and leaving them exposed for cutting. Prepping with a hot washcloth on your face can further prepare your skin and hair.

Finish with a hydrating post-shave cream to protect pores and provide a more nurturing environment for the rebuilding process beneath. Think of it as greasing the union contractors. Our favorite finishing touch: Clarins Men Skin Difference (\$36, Clarins.com). (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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## STETHOSCOPE

## SEX

**A Lot in Common**

■ Being heavy won't keep you from getting busy, according to a report in *Obstetrics and Gynecology*. In a survey of 6,690 women, Hawaiian researchers found that the normal weight, overweight and obese groups reported similar frequency of sexual intercourse, number of partners and age at first intercourse. Where they differed was that a higher proportion of normal-weight women had never experienced childbirth, while the other groups were more likely to have popped out three or more babies.



## SPORTS

**Par for the Course**

■ Maybe you don't have a gun in the house, but have you secured your nine iron? A study of golf-related eye injuries in children, published in the *Archives of Ophthalmology*, found that playing with golf clubs (and balls) can have serious consequences, including fractures, nerve damage and reduced visual acuity. Of the 11 patients studied, only one had gotten hurt on an actual golf course — the rest were injured while playing with fellow kids in other settings.

## NEUROLOGY

**Sickening Smile**

■ Denture cream is pretty awesome, but don't go overboard, warns the medical journal *Neurology*. A new study has found that excessive use of the stuff — which contains zinc — can cause neurological problems. Usually a tube of cream should last three to 10 weeks, but the four patients in the study were going through at least two tubes a week. Apparently, the abundance of zinc caused a depletion of copper, which led to weakness, cognitive decline and other issues.

# Indoor Air Pollution Solutions

How to change your living area so you can breathe much more easily

Humans breathe in 3,000 gallons of air daily — 65 percent of it indoors. That's not exactly great news. Why? Because indoor air pollution can be two to five times as high as levels in the great outdoors, according to the EPA. Blame building materials, fuel-burning appliances and cleaning supplies: They all emit pollutants that, over time, can contribute to health problems such as asthma, headaches, fatigue, heart disease and even cancer. Snuff out these bad guys and breathe easier.

**CARBON MONOXIDE, NITROGEN DIOXIDE AND PARTICULATE MATTER** can seep out from improperly maintained stoves, fireplaces and chimneys. Low-level exposure to carbon monoxide leads to headaches and nausea; high levels are deadly. Nitrogen dioxide can cause eye, nose and throat irritation. Particulate matter can damage lung tissue.

Do this: Snag a carbon monoxide detector (\$20, [Lowe's.com](#)). Also, use a fan when cooking with a gas stove, and make sure the flame tip is blue. (Yellow indicates that pollution emissions are too high; call your gas company to adjust the burner.)

**PHthalates** are chemicals used to disperse scents and make plastic flexible. Found in detergents, air fresheners, vinyl flooring and vinyl shower curtains, they're linked with



GETTY IMAGES

reproductive and developmental problems and, studies indicate, an increased risk for asthma and allergies.

Do this: Switch to phthalate-free detergents (like Seventh Generation products), use baked lemons as natural fragrance, and hang hemp or cotton shower curtains (from \$35, [Greenhome.com](#)).

**PBDES (POLYBROMINATED DIPHENYL ETHERS)**, flame retardants added to plastics, foams and fabrics, are found in some TVs, computers and

furniture. Exposure can cause brain and reproductive problems in developing animals.

Do this: Clean with a damp rag to avoid stirring up dust (which may contain PBDEs) and cover or replace exposed foam pads in cushions.

**RADON** is an odorless, naturally occurring radioactive gas. It arises from the breakdown of uranium in the bedrock beneath your home. Among nonsmokers, it's the leading cause of lung cancer.

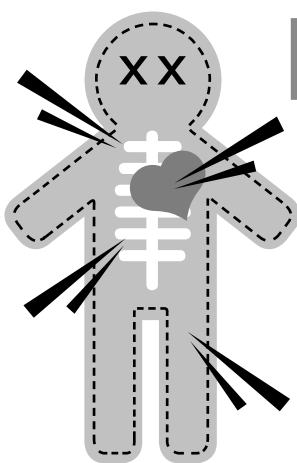
Do This: Measure levels in your

home with a certified home test like the Kidde Radon Detection Kit (\$17, [Lowe's.com](#)).

Indoor air pollution can be two to five times as high as levels in the outdoors.

**VOCS (VOLATILE ORGANIC COMPOUNDS)** are chemicals that are gaseous at room temperature; they're in paint, all-purpose cleaners, wood preservatives, carpet glue and dry-cleaned clothing. Possible health effects range from eye, nose and throat irritation to headaches, nausea and cancer.

Do this: Look for cleaning products that have simple ingredients (such as those by Seventh Generation), and avoid products made from pressed wood, such as particleboard — it contains the VOC formaldehyde, a probable carcinogen. Find low-VOC paints and flooring at [Ecologo.org](#). (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Do you have bulging eyes?** Not prominent — that's genetic — but really, truly bulging? Your condition is called **EXOPHTHALMOS**, or protrusion of the eyeball. It's most often caused by Grave's disease, an affliction of the thyroid that also causes patients to have a staring quality and to blink less frequently. Other causes include glaucoma, leukemia and tumors; in other words, eye-bulging should always be taken very seriously (especially if only one eye is affected). How can you tell the difference between bulging and prominent eyes? You shouldn't see white between the iris and the top eyelid. The underlying cause of exophthalmos must be found before the condition can be treated. SOURCE: MEDLINE PLUS, MERCK MANUAL



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**WORLD MBA TOUR**  
Thursday, September 18  
See Page 5

Guide to  
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**What's inside:** SUSTAINING SUCCESS • THE NEW NON-PROFIT CAREERS • GRADUATE STUDY GOES GLOBAL • EXEC ED ON THE MOVE • STUDY ABROAD, WORK ABROAD • ACING THE GRE AND GMAT • THE VALUE OF "PEOPLE SKILLS" • JOB EXPERIENCE VS. GRAD SCHOOL • OUTSIDER PURSUES MBA

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## Sustaining Success

There's a big new buzzword in business, and it's pointing the way to exciting new career paths. The drive toward sustainability is revolutionizing MBA curricula and supporting careers that combine high salaries with socially responsible goals.

The concept of *sustainability* has grown from its environmental roots to encompass social and economic well-being as well. In a nutshell, business sustainability means reaching beyond short-term profitability with an eye toward long-term viability.

"People are still motivated by return on investment, but there's a movement toward making ourselves better citizens of the earth, toward taking care of each other and the environment as part of success in business," says John Fernandes, President and CEO of AACSB International, the Association to Advance Collegiate Schools of Business.

### New Curricula

The past three to five years have seen dramatic changes in the business school curriculum, Fernandes notes. Stanford Business School, for example, has transformed its curriculum to create a program customized to individual students' needs. And Yale School of Management is revamping its entire curriculum to emphasize social responsibility.

"Schools are modifying their curricula to include discussion of doing what is enduring for the organization and for society," says Fernandes. "Instead of courses like Accounting 101 and Accounting 102, business schools are starting to offer more courses like 'Emerging Leadership Models,'" he says.

The changes can be as thought-provoking for administrators as they are for students.

"One of the things that was a real revelation for me this year was how much the traditional MBA curriculum actually suppresses creativity," writes Joel M. Podolney, dean of Yale School of Management, on the school's Web site. "Learning becomes a rote operation—just taking facts from a case and putting them into a particular framework," he says. "In the coming year, we're going to augment the curriculum by providing even more tools to enhance both creative and critical thinking."

And employers are following suit. Recent research by the consulting firm McKinsey & Company shows that corporate executives are strategically focusing on sustainability to attract top MBA grads as well as customers. "It's very interesting to see the change in corporate leaders," says Fernandes.

### Liberal Arts and More

In line with the new values-driven milieu, highly selective business schools are looking more closely than ever at applicants' ethical make-up and the breadth of their credentials. "Schools want candidates with different career backgrounds and experience beyond banking and consulting," says Biren Patal, a marketing director for The World MBA Tour and QS Network.

Thus, an undergraduate degree in liberal arts can be especially attractive to business schools, says Fernandes. In addition to arts and sciences grads, MBA programs seek students who have backgrounds in engineering, medicine, and other fields that can enrich the MBA.

### Global Movement

Most of today's focus on sustainability is taking place in the developed economies of North America and Europe, but Fernandes has no doubt that it will spread. For one thing, leading MBA programs attract a large interna-

Guide to  
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 Education

tional contingent.

"My classmates come from all over the world," says Jake Goldberg, a first-year MBA student at Columbia Business School. He estimates that international students make up 30 to 40 percent of his class. "On my five-person team, I'm the only one who was born in the U.S.," observes Goldberg.

Working with international classmates has strengthened Goldberg's interest in studying abroad while earning his MBA or seeking an internship in a developing country. After graduation, his choices may include job opportunities abroad.

"The MBA community has become very nomadic," says Matt Symonds, founder of SymondsGSB, a Paris-based international business school consultancy. He points to job prospects for Americans in Europe and growing opportunities in the expanding economies of Brazil, Russia, India, and China. Environmental and social engagement will be crucial to sustaining those economies.

### Alternative Ranking

Every two years, The Aspen Institute Business and Society Program produces an alternative ranking of MBA programs that focuses on their integration of social and environmental stewardship into curricula and research. The research survey and ranking, called "Beyond Grey Pinstripes" ([www.beyondgreypinstripes.com](http://www.beyondgreypinstripes.com)) aims to promote innovation, inform prospective students, encourage business schools to incorporate social and environmental impact management topics into their curricula, and more.

In the 2007-2008 rankings, Stanford University is in first place, and The George Washington University (GWU) has an impressive ranking of 13th place worldwide. In the "student opportunities" category, GWU ranks sixth in the world. And among "small schools" (MBA programs with fewer than 100 students as of 2007), GWU ranks second, topped only by Duquesne University in Pittsburgh.

"Compared to other business schools in our survey, The George Washington University offers a truly extraordinary number of courses featuring relevant content, and it does a truly extraordinary job in those courses, explicitly addressing how mainstream business improves the world," says *The Aspen Institute Guide to Socially Responsible MBA Programs 2008-2009*, a new book based on Aspen's research for the Beyond Grey Pinstripes rankings.

The guidebook features the top 130 of 700 full-time MBA programs that were researched for the rankings. Prospective students can use the book to compare and contrast MBA programs that deal with social and environmental issues based on courses offered, faculty research, concentrations offered, joint degree programs, student clubs and activities, and on-campus institutes and centers.

In addition to describing GWU's MBA program, the book includes another local school that made the top 130, Georgetown University. It notes that Georgetown's curriculum includes a core course in social enterprise, several programs pertaining to international business, and electives such as "Community Reinvestment" and "Social Marketing."

Published by Berrett-Koehler Publishers, *The Aspen Institute Guide to Socially Responsible MBA Programs 2008-2009* is available digitally for \$14.95 and in print form for \$37.95.

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## MBA Service Abroad

"Business can do amazing things," says Tal Dehitar, co-founder of MBAs Without Borders, an organization that sends MBA graduates to work with entrepreneurs in Asia, Latin America and Africa to build poverty-alleviating business solutions.

"We bring MBA graduates from all over the world to work with SMEs (small and medium-size enterprises) and not-for-profit organizations in agriculture, health and regeneration," says Dehitar. Many of the projects involve microfinance and innovative marketing strategies.

Three years ago, Dehitar and a fellow business school graduate created MBAs Without Borders for the purpose of channeling top business talent into regions of the world that most need it. It is currently supporting 22 MBAs who are doing projects in Bolivia, Cambodia, Colombia, Ecuador, Ethiopia, Ghana, Guatemala, Haiti, India, Kenya, Liberia, Mali, Mexico, Nepal, Nicaragua, Nigeria, Pakistan, Poland, Rwanda, Sierra Leone, Swaziland, Tanzania, Uganda, Vietnam and Ukraine.

Sources: *TopMBA.com* and *MBAsWithoutBorders.org*

## The New Nonprofit Careers

Iris Chen is not your typical Harvard MBA. The Washington, D.C. native began her career with Teach for America, teaching elementary school in Brooklyn, N.Y. She eventually became Teach for America's New York City executive director. Now, as president and executive director of the "I Have A Dream Foundation," Chen is using her MBA and Harvard Law degree to work for a social cause. The Foundation helps empower children from low-income communities to gain access to college and reach their leadership potential.

Careers that combine elite degrees with social service are on the rise, especially in the nonprofit sector.

"It's a truly transforming, exciting time," says Chen. "We're in a cycle leading to major expansion in nonprofits." The growing success, she says, comes from cutting-edge nonprofits' increased emphasis on performance and growing ability to leverage their impact.

### Tapping Talent

As nonprofits move toward more of a business mindset, they will need "a whole new caliber of talent," says Chen. To build their teams, she says, many nonprofits are making lateral hires from the private sector, where performance standards have traditionally been much higher than in the nonprofit sector.

Overall, the caliber of talent that many nonprofits are able to attract didn't exist on the same scale five or 10 years ago. "All of a sudden we're all raising the bar," says Chen.

In addition to Chen's Harvard MBA, the "I Have A Dream" Foundation has three more MBAs on its 11-member staff:

- A director of special projects who left her position as a Bank of America vice president to transition to the nonprofit sector by earning her MBA from the University of Virginia's Darden School.
- A chief administrative officer who earned

her MBA from Duke University's Fuqua School and was previously a principal at American Management Systems, an information technology consulting firm.

- A program consultant who has an MBA in nonprofit management from Milano The New School for Management and Urban Policy in New York City.

But Chen sees the MBA as "just one maker of the skills and mindset that people bring to the table." The Foundation's director of program design has a master's degree in education, and so does the executive assistant to the president and CEO.



Iris Chen

### The Right Fit

Not all talented professionals are a good match for careers with the new non-profits. In fact, such jobs call for a somewhat rare mix of qualities. Chen identifies three requirements: 1. **A high level of performance.** Having a degree from a leading school can help you get

*continues on page 6*




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3. **Agility.** This is the hardest requirement, says Chen. "You need to be able to thrive in this transformative stage we're in right now, where there's lots of entrepreneurship and growth. You need agility, because your job changes. Many people need more structure." She says these jobs require incredible humility. One moment you might be designing a major new program, and another moment you might have to send your own faxes.

### Quality of Career Life

Chen finds that many nonprofits are now willing to pay at least 70 percent to 75 percent of the impressive salaries that large consulting or finance firms pay for comparable positions. Even a freshly-minted MBA may earn enough to pay off large education loans while working in the nonprofit sector, as Chen did at Teach for America.

"Private sector companies are beginning to

realize that, increasingly, we're starting to take away a lot of their talent," says Chen. While hefty salaries help make that possible, the primary lure of nonprofits is the chance to make a meaningful impact on the world.

"Employees are much more demanding now," observes Chen. "They want to have an impact." During her recent tenure at Harvard Business School, the most popular student organization was the Social Enterprise Club—not the traditionally large Management Consulting Club or Finance Club. "It was unbelievable," she says.

The new nonprofit careers offer little advantage over traditional business management in terms of quantity of work hours. What they can offer is quality time. "There's a new realization that work/life balance means how you're spending your time has an impact," says Chen. "You're not working fewer hours, but you're working more satisfying hours."

Work/life balance remains hard to come by in the traditional sense of affording time to raise a family or pursue other interests. "It's a very real, practical issue," Chen admits. "Even the most efficient, competent person can't get the job done between 9:00 a.m. and 6:00 p.m. All of us are struggling with that."

### A Cutting-Edge Education

After earning his bachelor's degree in systems engineering from the University of Virginia, Jake Goldberg joined the staff of The Nonprofit Finance Fund in New York City, an organization that helps nonprofits strengthen their financial health. That's where he realized that business is a crucial part of a nonprofit organization. "It needs to be a mission-driven and sustainable business," he says.

Goldberg, now a first-year MBA student at Columbia University, chose Columbia for its social enterprise program. The program focuses on nonprofits as well as socially responsible for-profit enterprises.

In his classes, Goldberg finds himself surrounded by fellow students from all over the world. He's gaining exposure to two cutting-edge trends in business: globalization and a focus on social responsibility. Like more and more MBA students, he's hoping for a career that will have community impact and world impact.

## Graduate Study Goes Global

Is graduate school a grind? Not when you're doing some of your studies in a new culture. Study abroad, widely popular among undergraduates, is now spreading among U.S. graduate programs, from engineering to architecture, business, and many other fields.

Thirty-eight percent of U.S. graduate schools now have at least one partnership with a college or university abroad, according to a 2008 survey by the Council of Graduate Schools (CGS). The partnerships offer joint degrees, dual degrees, and other collaborative certifications.

Among the 10 largest U.S. graduate programs, 60 percent have international partnerships. And the trend continues to grow: Thirty-one percent of U.S. graduate schools plan to establish new international collaborative degree programs within the next two years, compared to only 24 percent in last year's CGS survey.

While most partnerships are with European universities, U.S. graduate schools are also collaborating with universities in China, India, and other countries.

Of course, some graduate study-abroad programs do not involve partnerships among schools. In programs offered by Marymount University this past summer, MBA students spent a week in London as part of a global marketing course, and interior design students studied architecture in Italy. And George Mason University School of Business requires international residencies for its students.

International collaborations take place in many areas of study, but the CGS survey found that

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business is the most common field for international collaborations. It also found significant numbers of collaborations with engineering schools abroad.

### Sizing Up Programs

If your school has a joint program with a school abroad, try to make sure the partner institution is as good as your home university, advises Dan LeClair, chief knowledge officer of AACSB International and lead researcher of a new report by the Global Foundation for Management Education (GFME). The GFME report found that the quality of MBA programs now varies more widely than ever.

LeClair says that when considering a collaborative program abroad, it's important to find out who teaches the courses. He suggests asking whether the courses you'd be taking are taught by part-time or full-time faculty.

A key sign of quality is a school's accreditation by at least one of the three internationally respected accrediting organizations: the U.S.-based AACSB; the Brussels-based EQIS system; and the UK-based AMBA system. However, "Many very good institutions internationally are not yet accredited," says LeClair. This is especially true in the fast-growing economies of India and China.

Also consider the type of program and how well it suits your goals. "Some are just a 'road trip' lasting two or three weeks," says LeClair. Others offer more significant cultural immersion and projects with local companies. In a quality program abroad, students may be exposed to problems that are different from those at home and learn different ways of approaching problems.

You will want to feel comfortable with your cohort while studying abroad, so find out the age ranges of participants, and ask how many women participate. You may also want to know whether or not the host country's language is used in activities. Increasingly, courses abroad are taught in English, but programs often include introductory courses in the language of the host country.

Doing a Google search to learn more about universities in a given country may give you some clues to quality. Better yet, talk with people who know the local scene. The Indian School

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of Business is widely known and was established in partnership with Northwestern University's Kellogg School of Business and the University of Pennsylvania's Wharton School. By talking with locals, you may also learn that the Indian School of Management is highly selective and world quality.

Even if a school is not internationally accredited, it might be accredited within its own country. In addition to researching local accreditation, it can be helpful to check rankings, such as the *Financial Times* international rankings of business schools.

## Looking Ahead

"In 10 years, there will be a larger number of good and very good business schools globally," says LeClair. He believes it will become easier to get good informa-

tion about schools, although quality will continue to vary widely.

The GFME report calls for numerous global efforts to support the growing worldwide demand for quality management education. These include: advocacy for quality assurance; stronger collaboration among business schools; increased gathering of data and information about management education; and deeper engagement of business and government leaders to envision future business and societal needs.

The report, *The Global Management Education Landscape: Shaping the Future of Business Schools*, is available for download on the GFME Web site: [www.gfme.org](http://www.gfme.org). The Web site also offers profiles of management education in more than 50 countries.



## Exec Ed on the Move

Move over, Vicki Christina Woody Allen. The business executives are coming to Barcelona!

Georgetown University's School of Business and School of Foreign Service have teamed up with ESADE Business School in Barcelona, Spain to offer a new Global Executive MBA. The Foreign Service angle of the program aims to help participants succeed in international business by anticipating the political, economic and legal forces shaping the global economy.

Designed to meet the executives' needs for a flexible program while they continue to run their businesses around the world, the program is spread over six 11-day modules held in Washington D.C., Barcelona, São Paulo, Buenos Aires, Bangalore, Moscow and New York City.

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## Study Abroad, Work Abroad

How would you like to spend a few years in London, Frankfurt or Amsterdam? International job opportunities are strong these days for those with the right credentials. And one way to get those credentials is to earn an MBA abroad.

"There are more job opportunities in Europe than in the U.S. right now," observes Biren Patal, a marketing director for The World MBA Tour and QS Network. Furthermore, with the U.S. dollar's decline in value, salaries in Europe tend to be higher than in the U.S. And fortunately for Americans, English is the language now used for business in most countries worldwide.

### World MBA Markets

Currently, the employment market is especially strong in the U.K., says Patal. Germany is also thriving, thanks to job growth fueled by exports to China and other business expansion. Ability to speak German is helpful for working there, but it's not essential. Patal also points to growing opportunities with NGOs (non-government organizations) in Europe, which now have more active, better organized recruitment than ever before.

More students from more countries are pursuing more MBAs than ever. Still, Americans are competitively placed for business jobs abroad, whether graduating from a top U.S. business school or from a world-renowned school in Europe or beyond. Studying abroad is a good way to get access to local job markets abroad.

London Business School, Insead in France, IE Business School in Spain and IMD in Switzerland are among Europe's many highly-ranked business schools. In China, Ceibs and the Hong Kong UST Business School are both world-class, as is the Indian Business School in India.

European countries are eager to attract highly-skilled immigrants to fill the area's demographic, labor, and skills gaps, says Matt Symonds, founder of SymondsGSB, a Paris-based international business school consultancy. In fact, the European Union is set to vote next month on a proposed "blue card" that would

allow MBAs to reside and work anywhere in Europe for two years after earning an MBA there.

Some countries already have rules to ease the way. Belgium issues work permits for "high-level" business positions. The Netherlands allows those who obtain a "highly skilled job" after graduating from a university there to continue staying in the country. Even better, the UK allows highly skilled individuals to immigrate without any kind of sponsorship from an employer.

Meanwhile, Canada has introduced a new policy that allows anyone enrolled in a degree program there—undergraduate, master's or doctoral—to remain in the country for three years after graduation while working or looking for a job. Among several world renowned business schools in Canada is the University of Toronto's Rotman School, which recently introduced a "morning MBA." It offers classes from 7 to 9 a.m. to let students spend time working and raising a family while pursuing an MBA.

### Global Employers

Many jobs with U.S. employers in Europe are open to Americans with no special visa requirements, says Symonds. He also says Inbev brewery, which recently purchased Anheuser-Busch, has many American employees at its headquarters in Leuven, Belgium.

Growing numbers of companies now operate globally and have recruiters who hire MBAs at a global level, according to the QS TopMBA.com *International Recruiter Survey 2008*. Global recruiters include strategy consulting firms, investment banks, pharmaceuticals, and more. They tend to pay higher salaries than local employers and recruit larger numbers of MBAs, according to the latest findings from TopMBA.com.

Western companies are increasingly recognizing the need for even stronger connections with the growing economies of Asia and India, a trend that further increases international job opportunities for MBAs. According to TopMBA.com, the top 500 global employers are hiring growing numbers of MBAs in India, China, and Singapore, and certain other parts of Asia.

China has become a popular destination for managers from multinational companies as its government opens up business opportunities to further bolster



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trade relations with the West. International student enrollment in Chinese MBA programs is growing as programs strive for international recognition. Leading programs include Tsinghua University, which recently received internationally recognized accreditation from the Association to Advance Collegiate Schools of Business (AACSB) International.

QS Global-Workplace ([www.global-workplace.com](http://www.global-workplace.com)), a jobs and careers Web site operating on behalf of many of the world's leading business schools, identifies the following Top 10 countries as a source of jobs in 2008: Singapore; United Kingdom; United States; China; Canada; India; Germany; Russia; Australia; and Hong Kong.

MBA Salary Expectations

TopMBA.com recently surveyed more than 3,000 business school applicants to find out their current salaries and the salary they expect to receive after graduating. Among the findings: Europeans generally have the highest salary expectations, and applicants in Germany report the highest average current salaries.

Current Average Salary (US\$)	Country	Average Target salary (US\$)
\$97,900	Germany	\$194,100
\$79,500	UK	\$169,700
\$41,600	Russia	\$155,700
\$84,000	France	\$148,700
\$55,800	Italy	\$130,500
\$62,600	United States	\$124,200
\$59,600	Canada	\$120,700
\$30,500	Chile	\$118,400
\$51,100	Brazil	\$111,300
\$28,600	India	\$99,900
\$25,200	Argentina	\$96,800
\$26,800	China	\$91,000
\$31,500	Mexico	\$90,000
\$28,500	Peru	\$79,800
\$24,500	Colombia	\$77,600
\$24,300	Venezuela	\$64,600

Source: [topmba.com](http://topmba.com) Applicant Survey 2008



Cultural Surprises

The UK-India Business Council recently updated its advice for British executives visiting the Indian subcontinent. Among other tips, the Council explained that business people should refrain from kissing their hosts when visiting the subcontinent.

The advice surprised Matt Symonds, founder of SymondsGSB, who left his native UK nearly 20 years ago. He's wondering if his native land has become a nation of kissers.

On his Facebook MBA Group page, Symonds shares a recent comment published in the London *Guardian*, from a personal development coach: "Everyone's doing it. Bank manager and customer. Boss and employee. Any old colleague. The rule seems to be if you've met them even once, you kiss them. And in business circles, certainly, that very definitely wasn't the case three years ago."

Symonds also quotes a Californian who said, "We kiss people we used to hug, hug people we used to shake hands with, and shake hands with people we used to nod to."

But Symonds finds that working in several European countries in recent years has affected his greeting habits. "Hugging I've always identified with greetings in the U.S., awkwardly avoiding contact below the upper chest, but managing a few thumps on the back for good measure," he says. "And after many years of uncertainty in France, Belgium and Switzerland about one kiss, two kisses or even up to four kisses, I've retreated to one brush per cheek so I'm not left hanging out there unrequited."

So, working abroad may leave you wondering how to greet your colleagues there. It's one of many cultural questions that are bound to arise.

## Acing the GRE and GMAT

What do you get when you put a 1994-ish product in a 2008 package? Answer: The Graduate Record Exam (GRE). Graduate schools have been using this test for decades to evaluate applicants.

The verbal section of the GRE is "almost identical to the 1994 SAT," says Ned Johnson, president of PrepMatters, a tutoring and test preparation company in Bethesda, Md. and McLean, Va. He's referring to the Scholastic Aptitude Test that millions of high school students take for college admission.

The Graduate Management Admission Test (GMAT), taken by applicants to MBA programs, has more challenging math than the GRE, but neither test allows the use of calculators.

High school students taking the SAT may now use calculators, but they take the test on paper, not on a computer. What makes the GRE and the GMAT more 21st-centuryish is that they are computer adaptive. You take the exam on a computer, and you can't choose to skip a question. Whether you answer a given question correctly or not determines what question you'll get next. That takes some getting used to if your experience is with paper-and-pencil tests.

### Vocabulary versus Math

"The GRE is hugely vocabulary-dependent," says Johnson. Like SAT tests from earlier years, it has sections on reading comprehension, sentence completion, analogies and antonyms.

In recent years, the SAT has undergone major revamping in response to pressure from university leaders and others. "The SAT gets more scrutiny," says Johnson. In contrast, he says, "Critics are pretty much mum about the GRE and GMAT."

Taking the GRE is basically like taking a computerized version of the SAT, but with no calculators allowed, a lot more vocabulary questions, and many more graphs in the math section, according to Johnson. "There's lots of 9th and 10th grade math," he says.

The GMAT's math questions are much harder than the GRE's. For example, the GMAT includes questions involving probability and standard deviations.

"The GMAT aims to analyze your quantitative reasoning ability," says Johnson. Many of the questions require you to read a word problem, write appropriate equations for it, and solve the equations. "The percentage questions are presented in ways that require more working memory than on the GRE," says Johnson.

Like the Law School Admission Test (LSAT), the GMAT has a lot of logical reasoning questions. It's also heavy on sentence-correction problems, such as making sure a sentence has parallel structure.

### GMAT Pressure

Compared with students taking the GRE, those taking the GMAT often feel much stronger pressure to achieve a high score. That's because GMAT scores often have a major influence on MBA admissions.

One reason business schools care so much about applicants' GMAT scores is that a school's rankings are heavily dependent on its students' average GMAT scores. Students, in turn, care about rankings because graduating from a highly ranked program is strongly associated with high earnings.

"The payoff for going to a top 10 business school tends to be pretty remarkable," says Johnson. But that's not usually the case for graduate programs that require the GRE. "When people go to graduate school, it's not as much for the money," Johnson notes.

Both the GMAT and the GRE have essay sections that are scored separately from the other sections and do not influence school rankings.

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## Guide to Business & Graduate Education

Johnson says essay sections don't have a huge influence on business school admission, but schools do look at the scores. "Schools want to make sure your score is in line with your GMAT score," he says, because if it isn't, that could be a sign of a problem with writing and communication.

### Computerized Testing

Some people find that the biggest challenge of taking either the GRE or the GMAT is the computer-adaptive presentation. You can't skip a question that stumps you, and the correctness of your answer determines what question you get next. If you guess the right answer, your next question is likely to be harder than the question would get after guessing the wrong answer.

"It can be hard to get used to," says Johnson, who recommends taking lots of free practice tests, available from [www.mba.com](http://www.mba.com). Some students who enroll in test-preparation courses say they do it mostly for the discipline of being asked to take practice exams over and over in a structured setting.

The fact that the GRE and GMAT are now



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taken at a computer terminal affects sections such as reading comprehension. You can't mark or highlight passages, and you need to scroll up and down to see the questions and refer back to the text.

Writing notes during the test—rewriting an algebra problem, for example—also requires a new approach. You can't write notes on the computer screen, and no scrap paper is allowed. Instead, you are given some transparencies to use for writing notes. That way, no one can cheat by bringing in notes from outside the test site.

When you take the GRE or the GMAT, the computer won't let you whittle down your choices by crossing out an answer that you know is wrong. Such limitations can be dis-

tracting if you're not used to them—one more reason to take plenty of practice tests.

Computerized testing offers several advantages, however. You may take the GRE or GMAT at the time of day that best suits you and your schedule. If you're a morning person, you can take the test in the morning; if you work better at night, you may want to choose an evening time. Previously, the tests were given in a school classroom, like the SAT. Now they're given at a test center, in a room full of computer stations.

As soon as you complete the computerized GRE or GMAT, you can find out your score. And you can retake the test as often as once a month, but you must pay the registration fee each time.

## GMAT Expanding Far and Wide

Applications to MBA programs have seen major increases this year in the United States and worldwide. Accordingly, the number of people taking the Graduate Management Admission Test (GMAT) is increasing.

More than 4,000 graduate management programs use the test to assess applicants. The exam has now expanded to more than 400 test centers in 97 countries. In April 2008, new test centers appeared in three additional cities: Baku, Azerbaijan; Chisinau, Moldova; and Muscat, Oman.

The GMAT is run by the McLean, Va.-based Graduate Management Admission Council.



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## The Value of "People Skills"

The perfect job candidate is a good communicator and a hard worker, according to results of the Job Outlook 2008 survey, conducted by the National Association of Colleges and Employers (NACE).

Each year, NACE asks employers to rate the importance of a variety of skills and abilities. Communication generally comes out on top, but some other qualities can be equally important to employers. This year, employers cite teamwork ability, interpersonal and problem-solving skills, and initiative as key qualities. In addition to specific skills, employers want well-rounded candidates who can work with others and function effectively in the workplace.

Communication skills are also the key quality most lacking in new college graduates, the survey found. "Many employers pointed to a lack of writing skills on the part of candidates, and others reported that new college graduates lack the ability to communicate effectively in face-to-face situations—including the job interview," says Marilyn Mackes, executive director of NACE.

Most campus career centers offer resume and interview workshops, practice interviews, resume critiques, and other programs that let students polish their communications skills.

Even if you are not enrolled in a university, there are classes you can take to sharpen your communications and other practical job

skills. For example, the USDA Graduate School, known for decades as a source of low-cost, high-quality instruction, offers courses in interpersonal communication, writing, financial management, economics, leadership, and much more. The school also offers certificate programs in Accounting, Grants Management, Human Resources Management, Information Security, Paralegal Studies, and Microsoft-Certified Desktop Support Technician. It's accredited by the Commission of the Council on Occupational Education.

### Important Qualities for Job Candidates

#### Quality or Skill Rating (on a scale of 1 to 5)

Communications skills	4.6
Strong work ethic	4.6
Teamwork skills	4.5
Initiative	4.4
Interpersonal skills	4.4
Problems-solving skills	4.4
Analytical skills	4.3
Flexibility/adaptability	4.2
Computer skills	4.1
Technical skills	4.1
Detail-oriented	4.0
Organizational skills	4.0

Source: National Association of Colleges and Employers, *Job Outlook 2008* survey

## Job Experience vs. Grad School

Getting the job you want may require an advanced degree. But many master's degree programs, including most MBA programs, seek applicants with at least a couple of years of job experience. So, which should come first, the job or the degree?

Twenty-three percent of students in Georgetown University's Class of 2007 went directly to graduate school or professional school, according to Mike Schaub, executive director of the university's career education center. Most of the others used their bachelor's degrees to find jobs with marketing firms, law firms, government, and consulting companies.

Finding a job rather than going straight to graduate school after college graduation can pay off. Not only do jobs provide valuable experience, but some companies

have programs to help pay for graduate studies. "When considering a job, ask about that as a benefit," Schaub suggests. He says consulting firms, for example, will often help pay for an MBA or other graduate program after an employee has been with the company for a couple of years.

"Even in today's rough economy, if you have the right credentials, the jobs are there," says James Ryerson, dean of Marymount's School of Business Administration. Most of Marymount's MBA students have a job while pursuing their degree. Among many other graduate programs suited to the needs of working professionals are Virginia Tech's National Capital Region programs, which have campuses in Northern Virginia.



## Jobs for College Grads

Humanities graduates from Georgetown's liberal arts college often go into banking or consulting, with starting salaries of \$40,000 and higher, according to Schaub. At the national level, in all lines of work, the average job offer among liberal arts graduates was \$36,419, according to the National Association of Colleges and Employers (NACE) Summer 2008 *Salary Survey*.

The same NACE survey showed starting salaries in the \$45,000 to \$51,000 range for those with undergraduate business degrees; \$50,000 to \$60,000 for engineers; and more than \$60,000 for computer science graduates. Average salary offers for chemical engineering graduates exceeded \$60,000 because of job offers from petroleum and coal products manufacturers, which averaged nearly \$72,000.

Schaub says the following job areas are popular among recent Georgetown University graduates, who might later pursue graduate studies:

- **Biotechnology**, especially for those who major in any of the sciences.
- **Nursing and health administration**, including graduates of Georgetown's School of Nursing and Health Studies.
- **Sales**. High earnings for wholesale and manufacturing sales reps is leading to keen competition for jobs, according to the U.S. Bureau of Labor Statistics, *Occupational Outlook, 2008-9 Edition*.
- **Teaching**, especially secondary school math and sciences. Many private schools do not require a teaching credential. Joining Teach for America is also very popular.
- **Government jobs**. Retirements are coming up soon for many government employees, which will bring increased government job opportunities.
- **Peace Corps**. Joining the Peace Corps is very popular among recent grads, so positions can be competitive. Peace Corps has established partnerships with colleges and universities across the United States that offer academic credit and financial incentives to Volunteers during or after Peace Corps service. A program called Master's International allows Volunteers to incorporate Peace Corps service into a master's degree program at certain colleges and universities.

A lot of hiring is taking place in all industries, Schaub says, but currently there are fewer banking jobs than previously and more opportunities in finance. Since business schools seek students from a wide range of backgrounds, any of the popular job areas for new grads—from biotechnology to Peace Corps—can provide valuable experience for MBA applicants.

## Outsider Pursues MBA

In 2004, at age 31, Philip Broughton left his job as Paris bureau chief of the London *Daily Telegraph* to pursue an MBA and write about the experience. His book, *Ahead of the Curve: Two Years at Harvard Business School*, offers an inside view of the experience from an outsider who was new to the world of business.

Broughton says he especially liked the intellectual experience of being at a great graduate school learning about a field of human activity he'd previously known nothing about. "We had mostly great professors, an interesting curriculum and amazing guest speakers," he comments.

He also liked getting to meet lots of new people and make new friends. "Not many people have that kind of chance in their early 30s, when one's life and social circle risks contracting rather than expanding," Broughton says.

What he didn't like was the pressure to pursue certain kinds of professions and lifestyles that maximize financial reward over the rest of one's life. "I thought I was pretty robust about resisting this—until I wasn't," he says.

## Advice for Career Switchers

Broughton offers a strict warning for those who are thinking of switching careers by pursuing an MBA: "If it's simply a question of wanting to make a little more money, even if you're actually enjoying what you're doing already, don't....The extra cash will be scant compensation if you're heart isn't in it. On the other hand, if you're genuinely interested, or if you know what you want to do but feel some business knowledge would be helpful for doing that, it's a great thing. But the pressure's on you to make it work."

Broughton himself falls roughly into the latter category. He knew he wanted to write, create, run his own financial affairs for awhile without an employer, and see the world as business people see it. An MBA allowed him to do all of that. As for having a deep interest in business, well, Broughton says, "I miss Latin and Greek, which I studied as an undergraduate. And film school would have been fun."

### About this section

This section was prepared by **Nancy Henderson**, a Washington, D.C.-based freelance writer, in conjunction with the Advertising Special Sections Department of *The Washington Post* and did not involve the editorial department of this newspaper.

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